

Help me be healthy.

At this checkup, the doctor will:

- Weigh and measure me.
- Check my development.
- Check my heart, lungs, and other body parts.
- Give me any vaccines and blood tests I missed before.

Remember to take my health journal to the doctor visit.

Plan my meals

- At 8 months, I can have meats prepared for babies. Add the baby food meats to my meals of cereal, vegetables, and fruit.
- Don't feed me hard foods or foods that crumble easily, like graham crackers. I could choke on them.
- Help me start drinking from a cup. This will take time. I like the cups with a cover to keep me from spilling. If you don't have a cover for my cup, put only a small amount in the cup when you give it to me. Don't give me a Styrofoam cup. I like to chew on the foam. If I chew off a piece of foam, I could choke.

Shoes or no shoes.

I don't really need shoes to help me learn how to walk.

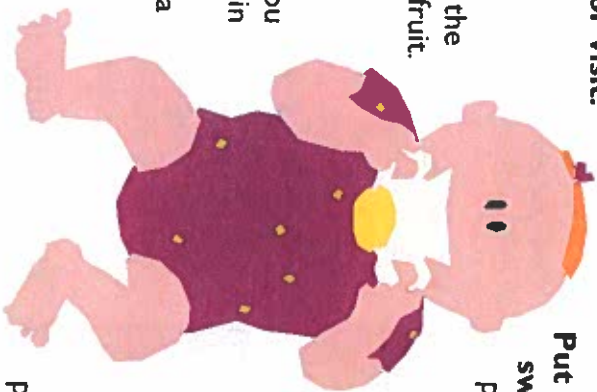
After I do learn how to walk, shoes or sneakers will protect my feet.

Keep me safe.

Now that I can pull myself up, there are new dangers.

- When you cook, turn pot handles to the center of the stove.
- Don't leave spoons or anything hanging over the edge of the stove.
- Check knobs on the TV and stereo to make sure they can't come off.
- Watch out for carts, chairs, tables with wheels, floor lamps, and aquariums that could fall over. When I pull or push on these, they could fall on me.
- Move the crib mattress to the lowest position so I can't fall or climb out.
- Keep things picked up so I don't trip on anything or swallow something I should not.
- Use corner protectors on sharp edges of furniture.

7-9 months



Put things out of reach that you don't want me to swallow or put in my mouth. Pills, cleaners, makeup, and plants are dangerous. If you think I have swallowed something, first call the Poison Control Center toll-free at 1-800-222-1222.

Take away anything that dangles. I will pull on a table cloth or dresser scarf. Keep my crib away from curtains and venetian blind cords.

When you take me shopping, strap me into the shopping cart seat. If there isn't a strap, make sure that I stay in the seat.

Watch me carefully when I'm around water. I like to play in water, but I can easily drown in a few inches of water in a tub, toilet bowl, bucket, or wading pool.

Play with me. It helps me learn.

- Put a small ball on my high chair tray and teach me how to make the ball move.
- Help me learn the names of my body parts by pointing to them and naming them.
- I won't be able to say them for a while.
- Play hide and seek with me. Ask me, "Where is (name a person)?" I will try to look for them.
- Read to me. Look at magazines and picture books with me. Point to a picture and name it. Say "See the cat," and "Look at the flower." Ask me sometimes, "What is that?" Wait a few seconds before you tell me. Soon I will be able to give you an answer.
- Build towers with blocks or toys.

How I am growing:

My Doctor is: _____

My Dentist is: _____

My Length: _____ inches

My Weight: _____ pounds _____ ounces

Immunizations:

Sleeping Habits:

New Things I Can Do:

Favorite Things and Activities:

- Play "So Big!" Show me how to lift my arms over my head and say, "So big."
- Give me a chance to smell some safe things, such as food, flowers, and spices.
- Help me learn why some things are not safe. If I go to the stove or heater, say, "hot," and move me away. If I reach for a shoe and you know it will go in my mouth, say, "Tastes bad," and move me away.

Watch how I grow.

Children are very different from one another.

I'm special. I learn at my own pace. Help me practice new skills when you play with me. Most babies have the following skills at the end of 9 months. If you are worried about me, talk to my doctor or nurse. To find a nearby **Early Childhood Intervention** program, call the DARS Help Line toll-free at 1-800-628-5115.

Watch for me to:

- Sit for a few seconds without any help.
- Feed myself dry cereal or foods I can eat with my fingers. I'm pretty messy.
- Say "ma," "ga," "da," "di," "ba," and other sounds.
- Pick up small things, like a piece of dry cereal, using my whole hand in a raking motion.
- Listen to people talking and try to make the same sounds.
- Hold a small block in one hand and pass it to the other hand.
- Look for something that I have dropped.
- Hold onto something and stand for about five seconds.

You may notice that I also:

- Get upset if you leave me, even if it's for a short time. I will feel better when you return.
- Start to drink juice from a cup.
- Know which toys are mine. I don't like it when my toys are taken away.
- Might be afraid of things that were okay before. I might be afraid of my bath, a babysitter, or the dark.
- Might be stubborn sometimes. This is part of growing up.
- Might be fearful or shy of strangers.

