



**9-12MO  
PEDIATRIC  
CARE ADVISOR**

**Well Child Care  
9-12 Months**



Use this Care Advisor guide created by Facedy pediatricians for tips on managing your child's nutrition, safety and more.

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# Nutrition

Your baby should continue having breast milk or formula until 1 year of age. Most babies will take 6 to 8 ounces of formula 4 times a day. Encourage your child to drink formula or water from a cup. This will help hand-mouth coordination and help with the weaning process when you are ready.

Start table foods and finger foods. Finger foods include crunchy toast, well cooked pasta, small pieces of chicken, cereals, chunks of banana and scrambled eggs. Offer your baby a selection of flavors, textures, shapes and colors.

Always watch carefully in case your child bites off a piece too big to swallow. Do not give foods your child can choke on such as large pieces of raw carrot, celery, nuts, grapes, popcorn, uncooked peas and hard candy. Also introduce the spoon so your child can start to learn to use it.

If you are breastfeeding, the American Academy of Pediatrics (AAP) recommends that you administer over-the-counter vitamins containing vitamin D (Poly-vi-sol, Tri-vi-sol or D-vi-sol) once daily.

Here is a sample menu for an 8 to 12 month old. This menu is adapted from the book "Caring from your baby and young child, Birth through 5 years" published by the AAP. You can use prepared baby foods or foods you prepare at home. Alter the menu depending on your child's preferences and your food choices at home.

## **Breakfast**

¼ – ½ cup cereal or mashed egg yolk  
¼ – ½ cup fruit, diced  
4-6 oz of formula/breastmilk

## **Snack #1**

½ cup apple juice  
¼ cup diced cheese or cooked vegetables

## **Lunch**

¼ – ½ cup yogurt or cottage cheese  
¼ – ½ cup vegetables  
4-6 oz formula/breastmilk

# Development & Behavior

Your child will respond to his/her name; understand a few words; babble; bang objects together; play peek-a-boo or pat-a-cake; feed self with fingers; will start to pull to a stand; sit well; crawl, creep or scoot; may show anxiety with strangers. Use distraction as discipline. Limit rules but consistently enforce them.

Your baby should be able to sleep through the night. Use bedtime routine and try to put your baby to bed awake. You can give a comfort object such as a stuffed animal or blanket. Do not put your baby to bed with a bottle or prop in mouth.

## **Snack #2**

½ cup apple juice  
1 teething biscuit or cracker  
¼ cup diced cheese or meat

## **Dinner**

¼ cup diced poultry/meat/tofu  
¼ – ½ cup green vegetables  
¼ cup noodles, pasta, rice or potato  
¼ cup fruit  
4-6 oz formula/breastmilk

## **Before Bedtime**

4-6 oz formula/breastmilk

*Continued on the next page*

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# Safety

- The AAP Recommends backward facing toddler car seats should be used until a child is over 20 pounds and 2 years of age. Do not leave your child alone in the car.
  - Never leave your baby alone with young siblings or pets.
  - The water heater should be at 120 F
  - Do not drink hot liquids/food while holding your child.
  - When cooking, keep the pan handles out of reach and preferentially use back burners. Also do not cook while holding your child.
  - Smoke & carbon monoxide detectors should be present in your home.
  - When using a crib, make sure the side is always up. No cushions should be placed around your baby. Crib slats more than 2 3/8 inches apart can lead to injury.
  - Never leave the baby alone on a high place.
  - Never leave your child alone in a bathtub and always supervise your baby continuously around water.
  - Do not put your baby in a walker.
  - Your baby will grasp objects and place them in his/her mouth. Be careful that your baby does not have any small objects around that can be placed in the mouth and potentially cause him/her to choke.
  - Childproof your home. Install safety gates to guard stairways. Lock/close doors to the garage or bathrooms. Cover all electrical sockets. Check drawers, tall furniture and lamps to make sure they do not fall easily. Also ensure that there are no sharp edges that your baby can get hurt on.
- Keep all medication and cleaning fluids locked in cabinets or in areas that your baby/child cannot reach. In case of ingestion call the poison control center at (800) 222-1222 and your pediatrician's office (or the physician on call).

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## Teeth

Most children get their first tooth around 6 months, although it can be as late as 18 months of age. While teething, your baby may drool a lot. A teething ring can be useful. As your baby gets his/her teeth, you can use a washcloth or a small brush to clean your baby's teeth. You should brush your baby's teeth twice a day with a smear of fluoridated tooth paste (grain of rice sized amount).

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## Immunizations

There are no immunizations at this visit. Your baby will be checked for anemia by a finger prick.

It is recommended that all children get a flu vaccine every Fall. If this is your child's first flu vaccine, an additional vaccine will be required in 1 month.

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## The Next Visit

Your baby's next appointment will be at 12 months of age at which time your child may receive the MMR (Measles, Mumps and Rubella), Hepatitis A, or Varicella (Chicken Pox) vaccines.

### *About this guide*

This information was compiled and edited by Facey Medical Group pediatricians. Please contact your doctor's office if you have questions about this information.

**live healthy  
enjoy life**

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