

Baby and You

A newsletter for parents of nine month-old babies



Baby Shots

Babies may not need any shots at nine months if they've had the following immunizations:

- DTaP - third dose
- Polio - second dose
- Hib - third dose
- Hepatitis B - second or third dose
- Pneumococcal - third dose
- Flu

If your child is missing any of these immunizations, please call your doctor or the health department (1-800-432-4121 or 547-0295) to make an appointment. Your baby's next shots are due after her first birthday.

Health insurance is important for all children. Two health insurance programs, HEALTHY KIDS (free health insurance) and MICHild (\$10.00 per month) are available for children ages 0-19.

Call 1-800-432-4121 for more information!

Babies at nine months are starting to understand what people say to them. They love to have people talk, sing, and repeat the sounds they make. Babies at nine months may also begin to crawl, which opens a whole new world to them.

Your Baby at 9 Months...

Your baby can:

- Begin making choices
- Enjoy games like peek-a-boo and patty-cake
- Pull herself up to stand and walk around furniture
- Start eating table foods
- Begin feeding herself with her hands
- Enjoy looking at books



Your baby needs:

- ...to be offered toys or objects to choose from
- ...someone to play games with
- ...opportunities to practice new movements in a safe place
- ...mashed, cooked meats and vegetables
- ...soft toast/graham crackers, and small pieces of soft cheese
- ...to have someone read to her, point at pictures and name them

Safety Needs:

- upgrade to a toddler car seat; children must face the rear of the vehicle for their first year
- set crib to its lowest level
- use a safety strap to keep your baby seated in her highchair and grocery cart
- cut cheese or soft fruits into small pieces, as baby may choke on big pieces

Dental Needs:

- begin to wean your baby from her bottle
- keep your baby's teeth healthy by not giving her a bottle in bed
- no pop, juice or sports drink in the bottle
- parents with tooth decay need treatment



This newsletter is provided by
Health Department of Northwest Michigan.

The Road to Reading...



Start a special place to keep your child's books. This could be a basket, a bookshelf, or a spot in the play area.

- You can *talk* and *sing* "Pat-A-Cake" and help your baby clap, roll, and push his hands.
- *Read* at bedtime. This is a perfect time to cuddle with your baby and help her relate reading with a special time of closeness with you.
- *Explore* with your baby by saying sentences such as, "How big is baby? Soooo BIG!" Help your baby put her arms up in the air. Putting motion with words helps your baby remember songs and sentences.

Book Corner: Babies love to "do" things with books. Fold out or lift-the-flap books give your baby a chance to touch the pages and see what is behind the picture. Our book pick: *Where's Spot?* by Eric Hill.

Parent to Parent...



Babies at nine months old are very busy learning words, learning to crawl, and stand. They enjoy their parents' praise and attention. There are many resources to help you as a parent of a 9 month-old:

It is very important for your child's health and development to have proper nutrition. **WIC** (Women, Infants, and Children) can help by providing free food and many other family resources. Call 1-800-432-4121 for more information.

Children's Special Health Care Services is a health insurance program for children with an on-going medical condition. For more information in Charlevoix County call 231-547-7644, in Emmet County call 231-347-4979, and in Antrim County call 231-533-8670.

Need health insurance for your children ages 0-18 years? **Healthy Kids Medicaid** or **MiChild** is available. Call 547-0295 or 1-800-432-4121 for more information.

You want the best care for your child. For more information on how to locate licensed child care in your area that will meet you and your child's needs please contact **Child Care Connections (4C)** at 1-800-968-4228.

Playgroups! The Women's Resource Center, a partner in the Stepping Stones to School Network, offers playgroups for children aged 0-48 months in Ellsworth, Boyne City, Charlevoix, East Jordan, Alanson, and Petoskey. All playgroups are free and are held from 9:30-11 a.m. To locate a playgroup in your area, call 347-0067.

For helpful tips and health information, please visit the following websites:

www.aap.org
www.1800earlyon.org
www.mywebmd.com

For baby information and products:
www.babycentral.com

For smoking cessation help:
www.michigan.gov/tobacco
www.quitnet.com

For dental information and resources:
www.ada.org

For information and resources for children and families:

www.bridges4kids.org
www.marchofdimes.org
www.kidshealth.org

For breast feeding help:

www.111usa.org
www.wichealth.org

Help us go green! Please email us at Great-Start@nwhealth.org so you can start receiving our newsletters by email. Please include your child's full name in the email. This will help us save paper and postage. The email address you provide will not be given to any other agency; it is for our use only.

