

## Dental

### Healthy “baby” teeth are important.

- Ask doctor or dentist about fluoride varnish and drops for baby. Keep fluoride out of child’s reach.
- Clean all sides of baby’s teeth twice a day. Use a child’s soft toothbrush with a tiny rice-grain size dab of fluoride toothpaste. Wipe off any excess.
- Lift baby’s lips and look at all sides of teeth. Call dentist if there are any white, brown, or black spots.
- Medicines may have sugar or cause dry mouth. Follow with a drink of water or brush teeth.
- If bottle feeding, no bottle in bed. Rock or sing, give a clean pacifier or use other ways to soothe baby to sleep.
- If baby uses a pacifier:
  - Don’t dip it in anything sweet.
  - Only give a clean pacifier. If it falls out, wash it; do not “clean” it with your mouth. Keep extras on hand.
- Germs that cause cavities can be spread from your saliva to your baby’s mouth.

### Sharing can spread cavity germs.

#### Do not share items like:



Toothbrushes

Spoons

Cups

### Parents: Stop the spread of cavity germs by taking care of your own teeth.

- Brush with fluoride toothpaste every morning and night, and floss before bedtime.
- Make a dental appointment for yourself.
- Ask your dentist about fluoride, xylitol, and other ways to prevent cavities.

## Nutrition

### Breastfeeding is best.

- Breastfeed often - 6 or more times a day.
- Baby may breastfeed less as solids increase.

### Keep feeding baby formula with iron to age 1.

- If formula feeding, baby usually takes 6-8 ounces 3-4 times daily.
- Teach baby to use a cup for breast milk, formula, or water.
- Do not give baby soda, juice, or other sugary drinks.

### Give baby healthy foods in 3 small meals and 2-3 small snacks a day.

- Give iron-rich baby cereals and pureed meats, fruits, vegetables, or cooked beans by spoon.
- Give finger foods: small pieces of peeled, soft fruit, toast or unsalted crackers.
- Do not add salt or sugar to foods.
- Stop giving food when baby turns head away and closes mouth.
- Sit baby with family at meal or snack times for 10-15 minutes.
- No honey. It can make baby very sick.

### Some foods cause choking. Do not feed baby:

- Round food (hot dogs, grapes, popcorn, nuts)
- Pitted food (cherries, olives)
- Hard food (candy, raw vegetables)
- Sticky food (nut butters, candy)

Women, Infants and Children (WIC):

Call 1-888-942-9675

Food Stamps – Supplement Nutritional Assistance Program (SNAP): 1-877-847-3663

# Growing Up Healthy: 7 to 9 Months



### Resources for Parents

- Police, fire, ambulance: Call 9-1-1
- CA Poison Action Line: Call 1-800-222-1222
- [To find a Denti-Cal dentist](#), call 1-800-322-6384 or see [www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)
- For [health information about kids and teens](#); visit [www.kidshealth.org](http://www.kidshealth.org)
- For help with food, housing, employment, health care, counseling, and more, call 2-1-1.
- If you feel overwhelmed, sad, or about to shake or harm your baby, call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for help.
- To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887).

Developed by the Nutrition, Oral Health, and Health Education Subcommittees of the California Child Health and Disability Prevention (CHDP) Program Executive Committee.



Reviewed 12/2017.

## Health



### Keeping Baby Healthy

- Take baby for regular health check-ups and immunizations (shots).
- Keep baby's hair, hands, body, clothes, car seat, and bedding clean and dry.
- Wash your hands with soap and water after changing diapers and before baby eats.
- Keep baby away from:
  - Loud noises and music to protect hearing
  - Tobacco smoke and nicotine products
  - Crowds and sick people
- Talk to doctor before giving baby any medicines or home remedies.
- Do not fill bottles or mix formula with water from a ceramic or hand-made water crock.

### Preventing Injury

- Check labels to make sure toys are lead-free.
- Do not use infant walkers or hanging jumpers as they can cause injuries.
- Never leave baby alone:
  - On a bed or changing table
  - With a stranger or a pet
- Never shake, toss, or swing baby in the air. Never tie pacifier around neck.
- Keep medicines, cleaning supplies, and plants out of child's reach. Use childproof safety latches and locks on cabinets.
- Baby can choke on small objects. Keep keys, unsafe toys, jewelry, plastic bags, and balloons away from baby. Remove string from sweatshirt hood.

## What to Expect

Baby learns quickly when you teach by gently showing and not by punishing.

Baby may be afraid of new people and cry when you leave. Comfort baby and make baby feel safe. Say goodbye when you leave.



### Baby may:

- Eat small pieces of soft food
- Crawl
- Sit alone without support
- Bring objects to mouth
- Turn when name is called
- Move objects from hand to hand

### Tips and Activities

- Give toys that move, such as large balls or rolling toys.
- Give baby empty boxes, pots, and pans to play with.
- Take baby for walks outside and use sunscreen.
- Help baby learn to talk by naming things baby sees.
- Let baby crawl on a clean blanket to build strong legs and arms.
- Play games, like peek-a-boo with baby.
- Put baby to sleep at the same time each night. A story or song can make bedtime relaxing.

## Safety

### Sleep Safety

- Always place baby on back to sleep on a firm mattress with fitted sheet. No pillows, soft bedding, or toys in crib. Don't overdress baby.
- Use a crib free of lead-based paint with bars no more than 2 3/8 inches apart.
- Keep crib away from peeling paint, windows, window sills, drapes, cords, and blinds.

### Bath Safety

- Set water heater to less than 120°F and check water temperature before putting baby in bath.
- Never leave baby alone in bath.

### Car Safety

- Never leave baby alone in car.
- Properly buckle baby in a rear-facing car seat in the back seat (never in front of an airbag).

### Environmental Safety

- Store insect killers, cleaning products, paint products, or household chemicals in their original packages and keep out of child's reach.
- Do not use insect killers, paint, or other household products near children or pets. If needed, use insect baits/traps/gels instead of sprays/dust.
- Choose safe cleaning products. Stay away from products with ammonia, chlorine, or a skull and cross bone.
- Don't let baby eat or play where there's paint dust, peelings, or chips.

### Prepare for Emergencies

- Be prepared. Plan for emergencies. Learn CPR.
- Put smoke and carbon monoxide alarms in hallway and bedrooms.
- Check alarms every 6 months