



9 Month Visit



Height _____

Weight _____

Head Circumference _____

American Academy of Pediatrics



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Growth and Development: 9-18 Months

Watching a young child grow is a wonderful and unique experience for a parent. Learning to sit up, walk and talk are some of the major developmental "milestones" your child will achieve. Your child's growth is a complex and ongoing process. Young bodies are constantly going through a number of physical and mental changes.

Although no two children develop at the same rate, they should be able to do certain things at certain ages. As a parent, you are in the best position to note your child's development, and you can use the milestones described below as guidelines.

At the ages noted, observe your child for 1 month. (This lets you take into account any days when your child may be acting differently because he or she is sick or upset.) Use the milestones listed for each age to see how your child is developing.

Remember a "no" answer to any of these questions does not necessarily mean that there is a problem. Every child develops at his or her own pace and may sometimes develop same age. Keep in mind these milestones should be used only as guidelines.

Plan to talk about these guidelines with your pediatrician during your next office visit if you note the following:

- Major differences between your child's development and the "milestones"
- Your child does not yet do many of the things usually done at his or her age

9 Months

When your child is playing and you come up quietly behind him, does he sometimes turn his head as though he hears you? (Loud sounds do not count.) Check "Yes" only if you have seen him respond to quiet sounds or whispers.

Can your child sit without support and without holding up her body with her hands?

Does your baby crawl or creep on her hands and knees?

Does your baby hold his bottle?

12 Months

When you hide behind something or around a corner and then reappear again, does your baby look for you or eagerly plan for you to reappear?

Does your baby make "ma-ma" or "da-da" sounds? Check "Yes" if she makes either sound.

Does your baby pull up to stand?

Does your baby say at least one word?

Does your baby walk holding on to furniture?

Is your baby able to locate sounds by turning her head?

18 Months

Can your child hold a regular cup or glass without help and drink from it without spilling?

Can your child walk all the way across a large room without falling or wobbling from side to side?

Does your child walk without support or help?

Does your child say at least two words?

Does your child take off his shoes by himself?

Does your child feed himself?

If you have any questions, plan to discuss them with your pediatrician. Pediatricians are trained to detect and treat developmental problems in children. Many problems, if detected early, can be treated by your pediatrician and successfully managed.

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Car Safety Seats — Basic Guidelines

Each year, thousands of young children are killed or injured in car crashes. You can help keep this from happening to your child by using car safety seats and seat belts correctly on every single trip you take. Here are some helpful tips.

Which Car Safety Seat Is the Best?

No one seat is the "best" or "safest." The best seat is the one that fits your child's size, is correctly installed and is used properly every time you drive. When shopping for a car safety seat, keep the following in mind:

- Don't decide by price alone. A higher price does not mean the seat is safer or easier to use. All car safety seats available for sale in the United States must meet government safety standards.
- When you find a seat you like, try it out. Put your child in it and adjust the harnesses and buckles. Make sure it fits properly and securely in your car.
- Keep in mind that pictures or displays of car safety seats may not show them being used the right way.

Important Safety Rules

- Always use a car safety seat. Start with your baby's first ride home from the hospital.
- Never place a child in a rear-facing car safety seat in the front seat of a vehicle that has a passenger air bag.
- All children younger than 13 years are safest in the back seat.
- Be a good role model — always wear your seat belt. This will help your child form a lifelong habit of buckling up.
- Remember that each car safety seat is different. Read and keep the instructions that came with your seat handy, and follow them at all times.
- Read your car owner's manual for information about installing your car safety seat.

If you need help installing your car safety seat, contact a certified Child Passenger Safety (CPS) Technician. To locate a child safety seat inspection station and set up an appointment, call toll-free at 1-866-SEATCHECK (1-866-732-8243) or visit www.seatcheck.org.

Car Safety Seats and Shopping Carts

Many infant-only car safety seats lock into shopping carts and many stores have shopping carts with built-in infant seats. This may seem safe, but thousands of children are hurt every year from falling out of shopping carts or from the carts tipping over. Instead of placing your baby's car safety seat on the cart, consider using a stroller or front pack while shopping with your baby.

Always Read and Follow Manufacturer's Instructions

If you do not have the manufacturer's instructions for your car safety seat, write or call the company's customer service department. A representative will ask you for the model number, name of seat and date of manufacture. The manufacturer's address and phone number are on the label on the seat.

All products listed below meet Federal Motor Vehicle Safety Standard 213 as of the date of publication. There may be car safety seats available that are not listed. The following information is current as of the date of publication. Before buying a car safety seat, check the manufacturer's instructions for important safety information about proper fitting and use.

Related Articles

- [Medem Learning Center: Car Safety Seats](#)
- [Car Safety Seats — Basics for Correct Usage](#)
- [Car Safety Seats — Common Questions](#)
- [Car Safety Seats — Resource List](#)

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Car Safety Seats — Common Questions

What If My Baby Is Born Prematurely?

Premature infants should be observed by a health care professional in their car safety seats while still in the hospital to make sure the reclined position does not cause low heart rate, low oxygen or breathing problems. If your baby needs to lie flat during travel, use a crash-tested car bed. Otherwise, use a rear-facing car safety seat without a tray shield. Shields often are too big and too far from the body to fit correctly. A small baby's face could hit the tray in a crash. If possible, an adult should ride in the back seat next to your baby to watch him closely.

What If My Baby Weighs More Than 20 Pounds But Is Not 1 Year Old Yet?

Many babies reach 20 pounds well before their first birthday. However, just because your baby weighs more than 20 pounds does not make her ready to ride facing forward. Use a convertible or infant-only seat that can be used rear-facing by children who weigh more than 20 pounds and keep your baby rear-facing at least until she has reached her first birthday.

What If My Child Has Special Health Care Needs?

Children with special health needs may have to use special restraint systems. Talk about this with your pediatrician. Information about transporting your child with special needs is available from the National Center for the Safe Transportation of Children with Special Health Care Needs at 1-800-620-0143 or by visiting its website at www.preventinjury.org. For more information and a list of car safety seats available for children with special needs, visit www.aap.org/healthtopics/carseatsafety.cfm.

What If My Car Has Air Bags?

All new cars come equipped with air bags. When used with seat belts, air bags work very well to protect teenagers and adults. However, air bags are very dangerous to children, particularly those riding in rear-facing car safety seats and to child passengers who are not properly positioned. If your car has a passenger air bag, infants in rear-facing seats must ride in the back seat. Even in a relatively low-speed crash, the air bag can inflate, strike the car safety seat, and cause serious brain and neck injury and death.

Toddlers who ride in forward-facing car safety seats also are at risk from air bag injuries. All children up to age 13 years are safest in the back seat. If you must put a child in the front seat, slide the vehicle seat back as far as it will go. Make sure your child is properly restrained for his age and size and stays in the proper position at all times. This will help prevent the air bag from striking your child.

Air bag on/off switches can be used in the few cases in which an infant must ride in the front seat. Most families don't need to use the air bag on/off switch. Air bags that are turned off cannot protect other passengers riding in the front seat. Air bag on/off switches only should be used if all of the following are true:

- Your child has special health care needs.
- Your pediatrician recommends constant supervision of your child during travel.
- No other adult can ride in the back seat with your child.

On/off switches also must be used if you have a vehicle with no back seat or a back seat that is not made for passengers.

What If My Car Has Side Air Bags?

Side air bags improve safety for adults in side impact crashes. However, children who are seated near a side air bag may be at risk for serious injury. Read your vehicle owner's manual for recommendations that apply to your vehicle.

What If My Car Only Has Lap Belts in the Back Seat?

Lap belts work fine when installing infant-only, convertible and forward-facing car safety seats. They cannot be used with booster seats, and they are not the safest way to buckle older children. If your car only has lap belts, use a forward-facing car safety seat with a harness and higher weight limits. Other options are:

- Check with a car dealer or the manufacturer to see if shoulder belts can be installed.
- Use a travel vest (some can be used with lap belts).
- Consider buying another car with lap and shoulder belts in the back seat.

What If I Drive More Children Than Can Be Buckled Safely in the Back Seat?

Avoid having to drive more children than can be buckled safely in the back seat, especially if your car has passenger air bags. However, if necessary, a child in a forward-facing car safety seat with a harness may be the best choice to ride in front. This is because a child who is in a booster seat or using a regular seat belt can easily move out of position and be at greater risk for injuries from the air bag.

What Do I Need to Know If My Child Will Be Driven by Someone Else, Such as for Child Care or School?

If your child is being driven by someone else, make sure:

- The car safety seat your child will be using (whether supplied by you or by the school) is appropriate for your child and the vehicle used for transport.
- The person responsible for transporting your child knows how to install the car safety seat correctly.

Child care programs and schools should have written guidelines for transporting children. These guidelines should include the following:

- All drivers must have a valid driver's license. In some states, school bus drivers need to have a special type of license.
- Child-to-staff ratios for transport should meet or exceed those required for the classroom.
- Every child should be supervised during transport, either by school staff or a parent volunteer. This allows the driver to focus entirely on driving.
- School staff, teachers and drivers should be knowledgeable about what to do in an emergency, proper use of car safety seats and seat belts, and other safety requirements.

For more information on written transportation guidelines for schools and child care programs, visit www.healthykids.us/chapters/transportation_main.htm and www.healthychildcare.org.

Can I Use a Car Safety Seat on an Airplane?

The Federal Aviation Administration and the American Academy of Pediatrics recommend that when flying, children should be securely fastened in car safety seats until 4 years of age and then should be secured with the airplane seat belts. This will help keep them safe during takeoff and landing or in case of turbulence. Most infant, convertible and forward-facing seats are certified to be used on airplanes. Booster seats and travel vests are not. Check the label on your car safety seat and call the car safety seat manufacturer before you travel to be sure your seat is certified for use on an airplane. You also can consider using a restraint made only for use on airplanes and approved by the FAA.

Can I Use a Car Safety Seat That Was in a Crash?

If the car safety seat was in a moderate or severe crash, it needs to be replaced. If the crash was minor, the seat does not automatically need to be replaced. The National Highway Traffic Safety Administration considers a crash to be minor if all of the following are true:

- The vehicle could be driven away from the crash.
- The vehicle door closest to the car safety seat was not damaged.
- No one in the vehicle was injured.
- The air bags did not go off.
- You can't see any damage to the car safety seat.

If you are unsure, call the manufacturer of the seat. See the resource section for manufacturer names and phone numbers.

What About Using a Used Car Safety Seat?

Avoid using used car safety seats, especially if bought from a yard sale or thrift shop because you won't know the seat's history. Never use a car safety seat that:

- Is too old. Look on the label for the date it was made. Many manufacturers recommend that car safety seats only be used for a certain number of years. Check with the manufacturer to find out how long the company recommends using their seat.
- Has any visible cracks in the frame of the seat.
- Does not have a label with the date of manufacture and model number. Without these, you cannot check to see if the seat has been recalled.
- Does not come with instructions. You need them to know how to use the seat. You can get a copy of the instruction manual by contacting the manufacturer or looking on the Internet.
- Is missing parts. Used car safety seats often come without important parts. Check with the manufacturer to make sure you can get the right parts.
- Is a shield booster. Although shield boosters are still around, the AAP recommends against their use. Major injuries have occurred to children in shield boosters. The only time shield boosters should be used is if the shield is removed and the seat is used with a lap and shoulder belt as previously described.
- Was recalled. You can find out by calling the manufacturer or by contacting the following:
 - Auto Safety Hot Line: Toll-free: 1-888-DASH-2-DOT (1-888-327-4236), from 8 a.m. to 10 p.m. ET, Monday through Friday.

- National Highway Traffic Safety Administration (NHTSA) www-odi.nhtsa.dot.gov/cars/problems/recalls/childseat.cfm.

If the seat has been recalled, be sure to follow the instructions to fix it or to get the parts you need. You also may get a registration card for future recall notices from the hotline.

Don't Leave Your Child Unattended in a Car Safety Seat

Children should never be left alone in or around a car whether they are in their car safety seats or not. Any of the following can happen when a child is left alone in or around a vehicle:

- The temperature in a vehicle can reach a deadly level in minutes, and the child can die of heat stroke.
- She can be strangled by power windows, sunroofs or accessories.
- She can knock the vehicle into gear, setting it in motion.
- She can be backed over when the vehicle backs up.

Don't leave your baby unattended in a car safety seat outside of the vehicle either. When your baby falls asleep in her car safety seat, it can be tempting to bring her inside and leave her alone in the seat, but this can be unsafe. Your baby can fall out of the seat, or the seat can fall over. The best place for your baby to sleep is on her back in a safe crib.



What is poison?

How can poisonings be prevented?

- Keep all potentially harmful products safely out of reach and out of sight of children.
- If you are called away from a task, do not leave cleaners and other products unattended.
- Do not put cleaners or other products in pop bottles, milk cartons or other food and beverage containers. All products should be kept in their original containers with the labels intact.
- Never call medicine candy.
- Keep all medicines in their original packages and close the safety caps tightly after each use.
- Remember that children can and often do remove child-resistant caps.
- Know the names of all of the plants in your home and keep them safely out of reach of children and pets.
- Install at least one carbon monoxide detector close to the sleeping areas in your home.

Call the Poison Center immediately if you think that someone might have been poisoned.

What substances are most commonly involved in poisoning?

The top five substances involved in poisoning in children under the age of six are:

1. Cosmetics and personal care products
2. Cleaning substances
3. Analgesics (acetaminophen, aspirin, ibuprofen)
4. Plants
5. Foreign bodies (toys, magnets, batteries, coins)

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Preventing Lead Poisoning

You can make certain that your child doesn't eat lead by removing any sources of leaded paint. There is little cause for worry if your home was built after 1977, when federal regulations restricted the amount of lead permitted in paint. If you live in an older home that has not been painted recently, it would be wise to repaint now. Repair all wall and ceiling cracks and scrape off all traces of old paint before applying the new. The process of repairing and repainting your home should be done carefully, preferably by workers experienced in lead paint removal.

All surfaces with leaded paint should be sealed over with plaster board or paneling, or have the paint removed. If it is to be removed, then as each room is being worked on, it should be closed off from the rest of the house to prevent the spread of leaded dust. The safest thing to do is to move out while the renovation is ongoing and until the final cleaning has been completed. If you are unable to repaint, keep your home as clean as possible and try to control the amount of dust in the air by wet-mopping all bare floors and surfaces with a high phosphate-containing detergent found in hardware stores.

In a rented home, the landlord is responsible for all maintenance, including necessary repainting and repairs. If you suspect unhealthy levels of lead in the building, and your landlord is unresponsive, notify your community's department of health. A representative will inspect the house, and if unhealthy levels of lead are found, you can legally compel the landlord to correct the situation.

Clean and cover any chalking, flaking or chipping paint with a new coat of paint, duct tape or contact paper. It is important to check for paint dust or flaking paint at window areas where children often play. Also be sure to repair areas where paint is dusting, chipping or peeling before placing cribs, playpens, beds or highchairs next to them. Encouraging your children to wash their hands frequently, especially before eating, also can help reduce your child's lead exposure.

If you work around lead or have hobbies that involve lead, change clothes and shoes before entering your home. It's a good idea to keep clothes at work or wash work clothes as soon as possible.

If you have lead pipes, run the first morning tap water for two minutes before using it for drinking or cooking. Do not use hot tap water for mixing formula, drinking or cooking.

You can also reduce the risks of lead by making sure your child eats a well-balanced diet. Give your child nutritious, low-fat foods that are high in calcium and iron, such as meat, beans, spinach and low-fat dairy products. Calcium and iron in particular reduce the amount of lead absorbed by the body.

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