

9 Months to 1 Year

Diet

- Your child will take 16-36 ounces of breast milk or formula and finger foods 3-4 times per day.
- Aim for 2 servings each of fruit, vegetable, and protein plus 2-3 servings of grains per day.
- Introduce whole milk in a sippy cup at 11 months. The goal is to stop the bottle and have your child drinking 12-24 ounces of whole milk by their first birthday. Start by offering a small amount once a day and gradually increase the amount of whole milk while decreasing the formula.
- If the child seems to have any stomach discomfort, vomiting, diarrhea, or rash, then stop the milk and return to formula or breast feeding. Try whole milk again after the child is 1 year old.

Safety and Prevention

- *Poison Control* phone number is 1-800-222-1222. Have on your phone favorites.
- Cover all electrical outlets. Check placement of cords and power strips.
- Gates open stairways.
- Lock cabinet doors. Move all harmful products out of your child's reach. Leave only safe items to play with.
- All firearms should be locked safely with ammunition stored separately.
- Lower the crib to the lowest setting to prevent them from climbing out.
- Wisconsin State law requires that all children remain rear facing until 1 year of age AND weigh 20 pounds. *The American Academy of Pediatrics* safest practice recommends that children remain rear facing until at least age 2 and longer as tolerated.
- Do not leave your child unattended in the bathtub. Parent child swim lessons can be a fun activity. Water safety is critical.
- Bare feet and/or non-skid socks are best for walking. Shoes are only needed when your child is independently walking on a hard surface.
- Sunscreen, labeled "broad spectrum" with SPF 15 or above is best. An SPF higher than 30 is not of any benefit. It is key to apply sunscreen 20 minutes prior to going outdoors and should be reapplied every 2-3 hours, especially after any swimming. Hats, sunglasses, and swim shirts are also great protection options.
- Over the counter insect repellents with DEET concentration of 30% or less is safe. Avoid any contact with the child's face or hands. Wash it off when the child comes indoors.
- Clean your child's teeth with a soft cloth or a toothbrush twice a day. We recommend a smear of fluoride toothpaste starting at age one.