Healthy baby teeth are important.
• Twice a day, clean all sides of teeth. Use a child’s toothbrush and a dab of fluoride toothpaste. Wipe off excess toothpaste.
• Lift baby’s lips and look at all sides of teeth. Call dentist if there are white, brown, or black spots.
• Ask doctor or dentist about fluoride varnish and drops for baby.
• Put baby to bed without a bottle.
• Do not dip pacifier in honey or anything sweet or lick to “clean.” Honey can make baby very sick.
• Medicines may have sugar or cause dry mouth. Follow with water or brush teeth.

Keep feeding baby breast milk or formula with iron to age 1.
• If formula feeding, baby will now take 6-8 ounces 3-4 times daily.
• Baby may nurse less as solids increase.
• Teach baby to use a cup for breast milk, formula, or water.
• Limit 100% fruit juice to ¼ - ½ cup a day.
• Do not give soda or other sweet 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 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 for 10-15 minutes.

Some foods cause choking, do not give:
Round (hot dogs, grapes, popcorn), Pitted (cherries), Hard (candy, raw vegetables), Sticky (peanut butter)

Dental Nutrition

Growing Up Healthy
7-9 months

Today’s Date: _______________________
Name: ____________________________
Age: ______________________________
Length: ________  Weight: ____________

Next Appointment:
Date: ___________ Time: ____________

Important phone numbers:
Police, fire, ambulance: Call 911
CA Poison Action Line: 1-800-222-1222

SHARING CAN SPREAD CAVITY GERMS:

Toothbrushes  Spoons  Cups

Parents: Stop the spread of cavity germs - take care of your own teeth:
✓ Brush in the morning and brush and floss before bedtime.
✓ Make a dental appointment for yourself.
✓ Ask about gum or mints with xylitol and mouthwashes to prevent cavities in your mouth.
Keeping Baby Healthy

• Take baby for regular health checkups and immunizations (shots).
• Talk to doctor before giving baby medicines or home remedies.
• Keep baby’s hair, body, clothes, and bedding clean and dry.
• Keep baby away from loud noises and music to protect hearing.
• Keep baby away from tobacco smoke and products.
• Wash your hands with soap and water after changing diapers.

Injury Prevention

• Never leave baby alone on a bed or changing table.
• Never leave baby alone or with a stranger or a pet.
• Never pick up baby by arms, shake, toss, or swing in the air.
• Remove string from sweatshirt hood.
• Never tie pacifier around neck.
• Use childproof safety latches, locks on cabinets, outlet covers.
• Use stair gates and window guards.
• Keep medicines, cleaning supplies, plants out of the reach of children.
• Baby can choke on small objects. Keep keys, unsafe toys, plastic bags and balloons away from baby.
• Do not use an infant walker or hanging jumper. These can cause injuries.

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

Baby may:
• Eat small pieces of soft food
• Crawl
• Sit alone without support
• Put things into mouth
• Turn when name is called
• Move objects from hand to hand.

Tips and Activities

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

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 without lead-based paint, with bars no more than 23/8 inches apart.
• Set mattress at lowest level.
• Keep crib away from windows, drapes, cords, and blinds.

Bath and Water Safety

• Set water heater to less than 120˚F.
• Check water before putting baby in bath.
• Never leave child alone in the bathtub, pool, ear water or toilet. Pool/spa should be fenced with a self-latching gate.

Car Safety

• Never leave baby alone in a car.
• Use a rear-facing car seat in the back seat until age 1 and at least 20 pounds. Never place baby in front of an airbag.

Safety Tips for Parents:

• Be prepared, plan for emergencies
• Learn infant CPR.
• Install smoke and carbon monoxide alarms in hallway and near bedrooms.
• Check alarms every 6 months.

Resources for Parents:

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)