



Get ready to child-proof your home!

Babies at this age will use anything as a possible toy and will probably put it in their mouth. To prevent choking, keep small objects out of baby's reach. As a general rule, if an item fits inside a toilet paper tube, it's a choking hazard.

By 9 months old, your baby will be pulling up on furniture to stand. If you haven't child-proofed your home yet, now is the time.

Introducing Cow's Milk

Wondering when you can transition your baby from breastmilk or infant formula to cow's milk?

Health Canada recommends continuing breastfeeding for up to 2 years or more after introducing solid foods. If no longer offering breast milk, it is recommended to introduce homogenized (3.25% M.F.) cow's milk in an open cup at 9 – 12 months, once your baby starts eating a variety of iron-rich foods at least twice a day. Also, if formula feeding, you can replace formula with cow's milk offered in an open cup at meals and snacks at 9-12 months. Offer no more than 3 cups of cow's milk per day to avoid it taking the place of other nutritious foods. [Learn more here.](#)

[Our website](#) also has a number of resources to help you every step of your baby's development.

Once your baby has started solid foods, it is recommended to introduce [common food allergens](#). Wait two days between offering another common food allergen since reactions most likely occur within the first 48 hours of eating a food. After that, continue to offer it on a regular basis to help maintain tolerance. If your baby has an allergic reaction to a food, stop offering that food immediately and make an appointment with your baby's health care provider. If your baby has difficulty breathing or has another severe reaction such as swelling of the tongue or throat, call 9-1-1.



Babies give us clues about how much or how little they want to eat. [Watch and listen to your baby for hints](#) on when they want more, or they have had enough food.



Vaccination

If your child got their 6 month immunizations, they are up to date.

The next recommended vaccine is at 12 months old.

Your Baby's Development

Timiskaming Health Unit has tools to help you monitor your child's development at each stage of their growth and offer tips to help your child thrive.

Contact us to find out more or to get your child screened.



Take the time to play with your child

EarlyON and Brighter Futures both offer programming that is open to all caregivers and their children. Consider attending a group to get to know other families while having fun. Attending gives you an opportunity to meet other parents with children the same age as yours. If you have a friend with children, ask them to join you!

Take a break from the busyness of life and play with your baby. Get down on the floor with them, sing, laugh, be silly, and engage!

Planning for childcare

If you'll be returning to work or plan to have your child placed in child care at some point, it's important to note that most daycares have a waitlist and it's a good idea to contact them as soon as possible to determine when you need to get your child's name on that list.



How much does my baby need?

	Guideline
Sleep	In a 24 hour period, 4-11 month olds should be getting 14-17 hours of sleep, which includes naps.
Movement	Help your baby move in a variety of ways, especially floor-based play. More is better. This should include at least 30 minutes of tummy time spread throughout the day while your baby is awake.
Sitting time	Don't restrain your baby in things like a stroller or car seat for more than 1 hour at a time. Screen time is not recommended for babies under 1 year. When sitting with your baby, try reading, storytelling or singing with your baby.

From: [Canadian 24-Hour Movement Guidelines for the Early Years \(0-4\)](#)



Learning & Having Fun

When your child can sit without any help, sit on the floor close to and facing your child, and roll a colourful ball a few inches to your child. Encourage your child to push it back to you. This will help your child visually track moving objects later on.



Teething

Use a finger brush as teeth come in to clean teeth and massage tender gums.



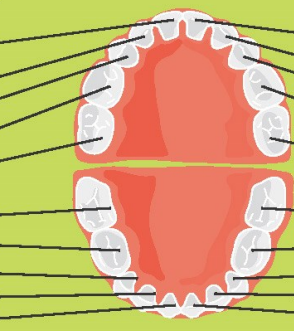
Make bath time fun to develop a love of the water. Make sure the water is comfortably warm, and that there are colourful toys to play with. Help your child make splashing movements. For safety, make sure that you stay within arm's length.



ERUPTION CHART

20 Primary (Baby) Teeth

When teeth "come in"	When teeth "fall out"
7-12 mos	6-8 yrs
9-13 mos	7-8 yrs
16-22 mos	10-12 yrs
13-19 mos	9-11 yrs
25-33 mos	10-12 yrs
20-31 mos	10-12 yrs
12-18 mos	9-11 yrs
16-23 mos	9-12 yrs
7-16 mos	7-8 yrs
6-10 mos	6-8 yrs



CONTACT US!

Call us toll free 1-866-747-4305 and ask to speak to a Healthy Babies Healthy Children nurse



Services de santé du
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