



Wellness Visit

9 Month

fhm *Primary Care*

FHMatters.com • (603) 386-0100

A reminder for all new parents...

Everyday will be different and that's ok! Whether this is your first baby or you've done this many times before, ALL new parents need support, reach out for help when you need it! If you have questions don't hesitate to call us.



Support & Self-Care

CALL US

- For help if you feel sad, or overwhelmed for more than a few days.
- If you do not feel safe at home.

TAKE CARE OF YOURSELF

Take time for yourself for self-care and to recharge. Spend child-free time with your partner and friends.



Safety

CAR SEAT SAFETY

The car seat should be rear-facing in ALL vehicles until age 2.

SMOKE-FREE

Keep your baby in smoke-free environments. Your car and home should be 100% smoke-free.

BATH TIME

Always test your baby's bath water and never leave your baby alone in a bath. Empty the tub immediately after using.

DIAPER & CLOTHES

Always keep one hand on baby when changing clothes or diapers. Keep hanging strings, cords, necklaces, and bracelets out of baby's reach.

SAFE SPACE

Keep plastic bags, balloons, and small objects away from your baby. Put baby gates up on all stairs and spaces that are not safe for your baby. Be sure all cords are out of reach especially irons, and hot hair tools. Keep medications, and cleaning supplies in a baby proof closet or cabinet up high out of reach and sight from your baby. Put window guards on windows your baby could push on. If you must have a gun in the home store it unloaded and locked in a gun safe.



Caring for Baby

ROUTINES

Keep daily routines for eat, sleep, and play. Make the hour before bedtime especially calm and loving.

SAFE SLEEP

The crib should only have a fitted sheet and your baby no bumpers, toys or blankets. It is normal for your baby to cry when you leave. Stay calm and help your baby learn to self-soothe and know they are safe.

FEEDING

Give 3 meals and 2-3 snacks a day. Vary the thickness of your baby's food as they learn how to eat. Keep all foods nutritious and continue introducing new foods. Introduce a cup with water.

PLAYTIME

Avoid the use of TV and continue offering interactive colorful toys.



Health & Wellness

POISON CONTROL

If your worried your child has eaten something harmful call Poison Help 1-800-222-1222

WASH YOUR HANDS

Wash your hands often to keep you and your baby healthy.

HEALTHY TEETH

Your baby will start to cut teeth faster now. Use a soft cloth or infant tooth brush with water only to wipe each tooth after meals. Do not give a bottle in bed to avoid tooth decay.