



# Bright Futures Parent Handout 9 Month Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

## Your Baby and Family

FAMILY ADAPTATIONS

- Tell your baby in a nice way what to do ("Time to eat"), rather than what not to do.
- Be consistent.
- At this age, sometimes you can change what your baby is doing by offering something else like a favorite toy.
- Do things the way you want your baby to do them—you are your baby's role model.
- Make your home and yard safe so that you do not have to say "No!" often.
- Use "No!" only when your baby is going to get hurt or hurt others.
- Take time for yourself and with your partner.
- Keep in touch with friends and family.
- Invite friends over or join a parent group.
- If you feel alone, we can help with resources.
- Use only mature, trustworthy babysitters.
- If you feel unsafe in your home or have been hurt by someone, let us know; we can help.

## Feeding Your Baby

FEEDING ROUTINE

- Be patient with your baby as he learns to eat without help.
- Being messy is normal.
- Give 3 meals and 2–3 snacks each day.
- Vary the thickness and lumpiness of your baby's food.
- Start giving more table foods.
- Give only healthful foods.
- Do not give your baby soft drinks, tea, coffee, and flavored drinks.
- Avoid forcing the baby to eat.
- Babies may say no to a food 10–12 times before they will try it.
- Help your baby to use a cup.

FEEDING ROUTINE

- Continue to breastfeed or bottle-feed until 1 year; do not change to cow's milk.
- Avoid feeding foods that are likely to cause allergy—peanut butter, tree nuts, soy and wheat foods, cow's milk, eggs, fish, and shellfish.

## Your Changing and Developing Baby

INFANT INDEPENDENCE

- Keep daily routines for your baby.
- Make the hour before bedtime loving and calm.
- Check on, but do not pick up, the baby if she wakes at night.
- Watch over your baby as she explores inside and outside the home.
- Crying when you leave is normal; stay calm.
- Give the baby balls, toys that roll, blocks, and containers to play with.
- Avoid the use of TV, videos, and computers.
- Show and tell your baby in simple words what you want her to do.
- Avoid scaring or yelling at your baby.
- Help your baby when she needs it.
- Talk, sing, and read daily.

## Safety

SAFETY

- Use a rear-facing car safety seat in the back seat in all vehicles.
- Have your child's car safety seat rear-facing until your baby is at least 1 year old and weighs at least 20 pounds.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Always wear your own seat belt and do not drive after using alcohol or drugs.
- Empty buckets, pools, and tubs right after you use them.

SAFETY

- Place gates on stairs; do not use a baby walker.
- Do not leave heavy or hot things on tablecloths that your baby could pull over.
- Put barriers around space heaters, and keep electrical cords out of your baby's reach.
- Never leave your baby alone in or near water, even in a bath seat or ring. Be within arm's reach at all times.
- Keep poisons, medications, and cleaning supplies locked up and out of your baby's sight and reach.
- Call Poison Help (1-800-222-1222) if you are worried your child has eaten something harmful.
- Install openable window guards on second-story and higher windows and keep furniture away from windows.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.
- Keep your baby in a high chair or playpen when in the kitchen.

## What to Expect at Your Child's 12 Month Visit

### We will talk about

- Setting rules and limits for your child
- Creating a calming bedtime routine
- Feeding your child
- Supervising your child
- Caring for your child's teeth

Poison Help: 1-800-222-1222

Child safety seat inspection:  
1-866-SEATCHECK; seatcheck.org



## American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

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# Temper Tantrums: A Normal Part of Growing Up



It's hard for young children to hold strong feelings inside. When they feel frustrated or angry, they often cry, scream, or stomp up and down. This is a temper tantrum. Temper tantrums are a normal part of your child's development. They usually begin around age 12 to 18 months, get worse between 2 and 3 years, then taper off after that, once children are able to use words to communicate their wants and needs. This publication was written by the American Academy of Pediatrics to help parents understand temper tantrums and how best to deal with them.

## Why do children have temper tantrums?

Young children are busy learning about their world. They are eager to take control. However, learning to control temper can be one of the hardest lessons of all. A lot of things can frustrate a child and lead to temper tantrums. For example, your child may

- Not understand what you are saying or asking
- Be upset when others cannot understand her
- Not know how to tell you how she feels or what she needs
- Not know how to solve problems on her own
- Have an illness or other problem that keeps her from expressing how she feels
- Be hungry
- Be tired
- Be anxious or uncomfortable
- Be reacting to stress or changes at home
- Be jealous, want what other children have, or want the attention others receive
- Not be able to do as much as she thinks she can, like walking, running, climbing, drawing, or making toys work

## How to help prevent temper tantrums

While you can't prevent all tantrums, the following tips may help avoid them:

- Encourage your child to use words to tell you how he is feeling. Try to suggest words he can use to describe his feelings.
- Set reasonable limits and don't expect your child to be perfect. Give simple reasons for the rules and don't change them.
- Keep to a daily routine as much as possible so your child knows what to expect.
- Avoid situations that frustrate your child, like playing with toys that are too advanced.
- Avoid long outings where your child has to sit still or cannot play. If you have to take a trip, bring along a favorite book or toy.
- Have healthy snacks ready for when your child gets hungry.
- Make sure your child is well rested.

- Be choosy about saying no. When you say no to everything, it can frustrate your child. Consider saying yes sometimes. Of course, if your child's safety is at stake, don't say yes just to avoid a tantrum. Praise your child when he does something good that otherwise might have led to frustration.
- Give choices. For example, make it clear that while he has to take a bath, he can make some choices on his own. Try saying, "It's time for your bath. Would you like to walk upstairs or have me carry you?" Be sure the choices you offer are also acceptable to you.
- Set a good example. Avoid arguing or yelling in front of your child.

## How to handle tantrums

### What you can do

- **Try to stay calm.** If you shout or get angry, it can make things worse. If you can't stay calm, leave the room. Wait a minute or two, or until her crying stops, before returning.
- **Distract your child.** Try a new game, book, or toy. Sometimes something as simple as changing locations can prevent a tantrum. For example, if you are indoors, try taking your child outside to distract her attention.
- **Give your child a time-out.** Take your child away from the problem and give her time alone to calm down. A good rule of thumb for a time-out is 1 minute of time-out for every year of your child's age. For example, a 4-year-old would get a 4-minute time-out. After the time-out is over, talk with your child and make sure she understands why she got a time-out and how to deal with it next time. Don't use time-out too much or it won't work.
- **Ignore minor displays of anger such as crying, screaming, or kicking.** Try touching or holding your child to calm her. Or try standing nearby without talking until she calms down. If your child is having a tantrum in a public place, take her home or to the car.

### Breath-holding spells

Some children, when upset and crying very hard, "forget" to breathe, and hold their breath until they pass out. It is not done on purpose, but can possibly happen when a child is upset, like during a temper tantrum. While these episodes can be scary for parents, rest assured that they are usually harmless and your child will grow out of them. If you are concerned about your child's behavior, talk with your child's doctor.

- Some behaviors are *not* OK and should not be ignored, such as
  - Hitting or kicking people
  - Throwing things that might hurt someone or break something
  - Screaming or yelling for a long time

If these things happen, take your child away from the problem. Say firmly, "No hitting" or "No throwing" to make sure your child knows these behaviors are not OK.

**What *not* to do**

- **Never punish your child for temper tantrums.** She may start to keep her anger or frustration inside, which can be unhealthy. Keep in mind that as your child grows, she will learn to deal with her strong emotions.
- **Do not give in to your child just to stop a tantrum.** This teaches your child that temper tantrums get her what she wants. Also, don't feel guilty about saying no to your child. Set the rules and stick with them. When parents change the rules, it is harder for children to understand which rules are firm and which ones are not. Discuss with those who care for your child which rules are really needed and how to be firm about them.

**Keeping your child safe**

Many times you will have to tell your child no to protect her from harm or injury. For example, the kitchen and bathroom can be dangerous places for your child. She may not understand why you will not let her play there. This can cause a tantrum. However, it's more important to keep your child safe.

Childproof your home and make dangerous areas or objects off-limits. Keep an eye on your child at all times. Never leave her alone in a situation that could be hazardous. Take away dangerous objects and replace them with something safe. It is up to you to keep your child safe.

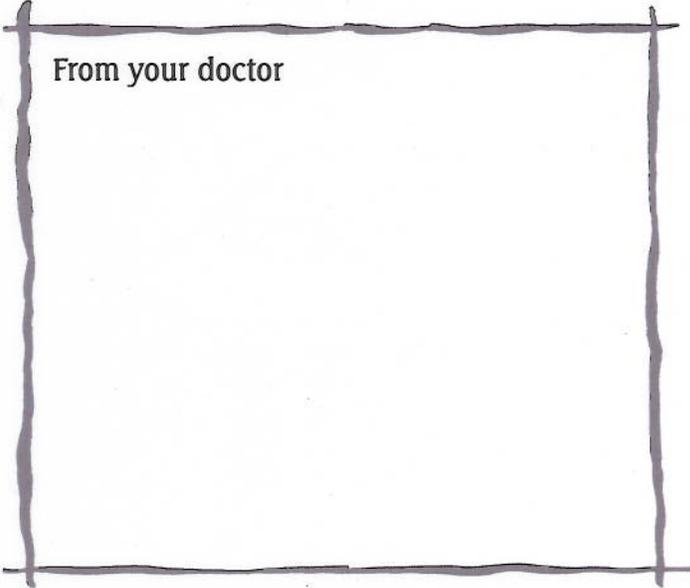
**When temper tantrums are serious**

Your child should have fewer temper tantrums by age 3½. Between tantrums, he should seem normal and healthy. If the outbursts are severe or happen too often, they may be an early sign of emotional problems. Talk with your child's doctor if your child seems to have difficulty expressing himself with words (compared with other children the same age), causes harm to himself or others, or holds his breath and faints, or if tantrums get worse after age 4. Your child's doctor will make sure there are no physical or emotional problems causing the tantrums. He or she can also give you advice to help you deal with these outbursts.

It is important to realize that temper tantrums are a normal part of growing up. While tantrums are not always easy to deal with, a loving and understanding approach will help you and your child get through them.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

**From your doctor**



# Discipline and Your Child



As a parent, it is your job to teach your child the difference between acceptable and unacceptable behavior. But getting your child to behave the way you want is not as hard as you think. This brochure will help you learn effective ways to discipline your child.

Because learning takes time, especially for a young child, you may find that it takes several weeks of working on a behavior before you see a change. Try not to get frustrated when you do not see the results of your efforts right away.

## Discipline vs punishment

Many parents think discipline and punishment are the same thing. However, they are really quite different. Discipline is a whole system of teaching based on a good relationship, praise, and instruction for the child on how to control his behavior. Punishment is negative; an unpleasant consequence for doing or not doing something. Punishment should be only a very small part of discipline.

Effective discipline should take place all the time, not just when children misbehave. Children are more likely to change their behavior when they feel encouraged and valued, not shamed and humiliated. When children feel good about themselves and cherish their relationship with their parents, they are more likely to listen and learn.

## Encourage good behavior from infancy

You can begin laying the groundwork for good behavior from the time your child is born. When you respond to your infant's cries, you are teaching her that you are there, you can be counted on when she needs you, and that she can trust you. When your child is about 2 months of age, start to modify your responses and encourage your baby to establish good sleeping patterns by letting her fall asleep on her own. By keeping a reasonably steady schedule, you can guide her toward eating, sleeping, and playing at times that are appropriate for your family. This lays the groundwork for acceptable behavior later on.

Once your baby starts to crawl (between 6 and 9 months of age) and as she learns to walk (between 9 and 16 months of age), safety is the most critical discipline issue. The best thing you can do for your child at this age is to give her the freedom to explore certain things and make other things off-limits. For example, put childproof locks on some cabinets, such as those that contain heavy dishes or pots, or poisonous substances like cleaning products. Leave other cabinets open. Fill the open cabinets with plastic containers or soft materials that your child can play with. This feeds your baby's need to explore and practice, but in safe ways that are acceptable to you.

You will need to provide extra supervision during this period. If your child moves toward a dangerous object, such as a hot stove, simply pick her up, firmly say, "no, hot" and offer her a toy to play with instead. She may laugh at first as she tries to understand you but, after a few weeks, she will learn.

Discipline issues become more complex at about 18 months of age. At this time, a child wants to know how much power she has and will test the limit of that power over and over again. It is important for parents to decide—together—what those limits will be and stick to them. Parents need to be very

clear about what is acceptable behavior. This will reduce the child's confusion and her need to test. Setting consistent guidelines for children when they are young also will help establish important rules for the future.

If you and your partner disagree, discuss it with each other when you are not with your child. Do not interfere with each other when your child is present. This upsets the child or teaches her to set the adults up against each other which can cause more problems.

## Tips to avoid trouble

One of the keys to effective discipline is avoiding power struggles. This can be a challenge with young children. It is best to address only those issues that truly are important to you. The following tips may help:

- **Offer choices whenever possible.** By giving acceptable choices, you can set limits and still allow your child some independence. For example, try saying, "Would you like to wear the red shirt or the blue one?"
- **Make a game out of good behavior.** Your child is more likely to do what you want if you make it fun. For example, you might say, "Let's have a race and see who can put his coat on first."
- **Plan ahead.** If you know that certain circumstances always cause trouble, such as a trip to the store, discuss with your child ahead of time what behavior is acceptable and what the consequences will be if he does not obey. Try to plan the shopping trip for a time when your child is well rested and well fed, and take along a book or small toy to amuse him if he gets bored.
- **Praise good behavior.** Whenever your child remembers to follow the rules, offer encouragement and praise about how well he did. You do not need any elaborate system of rewards. You can simply say, "Thank you for coming right away," and hug your child. Praise for acceptable behavior should be frequent, especially for young children.

## Strategies that work

Of course you cannot avoid trouble all of the time. Sooner or later your child will test you. It is your child's way of finding out whether you can be trusted and really will do what you say you will do if she does not listen to you.

When your child does not listen, try the following techniques. Not only will they encourage your child to cooperate now, but they will teach her how to behave in the future as well.

**Natural consequences.** When a child sees the natural consequences of her actions, she experiences the direct results of her choices. (But be sure the consequences do not place her in any danger.) For example, if your child drops her cookies on purpose, she will not have cookies to eat. If she throws and breaks her toy, she will not be able to play with it. It will not be long before your child learns not to drop her cookies and to play carefully with her toys.

When you use this method, resist the urge to lecture your child or to rescue her (by getting more cookies, for example). Your child will learn best when she learns for herself and will not blame you for the consequences she receives.

**Logical consequences.** Natural consequences work best, but they are not always appropriate. For example, if your child does not pick up her toys, they may be in the way. But chances are she will not care as much as you do. For older children, you will need to step in and create a consequence that is closely connected to her actions. You might tell her that if she does not pick up her toys, then you will put them away where she will not be allowed to play with them again for a whole day. Children less than 6 years of age need adult help picking up yet can be asked to assist with the task. If your child refuses your request for help, take her by the hand as you silently finish the job. This insistence that your child participate, along with your silence, becomes a clear consequence for your child.

When you use this method, it is important that you mean what you say and that you are prepared to follow through *immediately*. Let your child know that you are serious. You do not have to yell and scream to do this. You can say it in a calm, matter-of-fact way.

**Withholding privileges.** In the heat of the moment, you will not always be able to think of a logical consequence. That is when you may want to tell your child that, if she does not cooperate, she will have to give something up she likes. The following are a few things to keep in mind when you use this technique:

- Never take away something your child truly needs, such as a meal.
- Choose something that your child values that is related to the misbehavior.
- For children younger than 6 or 7 years of age, withholding privileges works best if done immediately following the problem behavior. For instance, if your young child misbehaves in the morning and you withhold television viewing for that evening, your child probably will not connect the behavior with the consequence.
- Be sure you can follow through on your promise.

**Time-out.** Time-out should be your last resort and you should use it only when other responses do not work. Time-outs work well when the behavior you are trying to punish is clearly defined and you know when it occurred. Time-outs also can be helpful if you need a break to stay calm. You can use a time-out with a child as young as 1 year old. Follow these steps to make a time-out work:

1. Choose a time-out spot. This should be a boring place with no distractions, such as a chair. Remember the main goal is to separate the child from the activity and people connected with the misbehavior. It should allow the child to pause and cool off. (Keep in mind that bathrooms can be dangerous and bedrooms may become playgrounds.) Decide which 2 or 3 behaviors will be punished with time-out and explain this to your child.
2. When your child does something she knows will result in a time-out, you may warn her once (unless it is aggression). If it happens again, send her to the time-out spot *immediately*. Tell her what she did wrong in as few words as possible. A rule of thumb is 1 minute of time out for every year of your child's age. (For example, a 4-year-old would get a 4-minute time-out.) But even 15 seconds will work. If your child will not go to the spot on her own, pick her up and carry her there. If she will not stay, stand behind her and hold her gently but firmly by the shoulders or restrain her in your lap and say, "I am holding you here because you have to have a time-out." Do not discuss it any further. It should only take a couple of weeks before she learns to cooperate and will choose to sit quietly rather than be held down for time-out.
3. Once your child is capable of sitting quietly, set a timer so that she will know when the time-out is over. If fussing starts again, restart the timer. Wait until your child stops protesting before you set the timer.

4. When the time is up, help your child return to a positive activity. Your child has "served her time." Do not lecture or ask for apologies. If you need to discuss her behavior, wait until later to do so.

## Tips to make discipline more effective

You will have days when it seems impossible to get your child to behave. But there are ways to ease frustration and avoid unnecessary conflict with your child.

- **Be aware of your child's abilities and limitations.** Children develop at different rates and have different strengths and weaknesses. When your child misbehaves, it may be that he simply cannot do what you are asking of him or he does not understand what you are asking.
- **Think before you speak.** Once you make a rule or promise, you will need to stick to it. Be sure you are being realistic. Think if it is really necessary before saying "no."
- **Remember that children do what "works."** If your child throws a temper tantrum in the grocery store and you bribe him to stop by giving him candy, he will probably throw another tantrum the next time you go. Make an effort to avoid reinforcing the wrong kinds of behavior, even with just your attention.
- **Work toward consistency.** No one is consistent all of the time. But try to make sure that your goals, rules, and approaches to discipline stay the same from day to day. Children find frequent changes confusing and often resort to testing limits just to find out what the limits are.
- **Pay attention to your child's feelings.** If you can figure out why your child is misbehaving, you are one step closer to solving the problem. It is kinder and helps with cooperation when you let your child know that you understand. For example, "I know you are feeling sad that your friend is leaving, but you still have to pick up your toys." Watch for patterns that tell you misbehavior has a special meaning, such as your child is feeling jealous. Talk to your child about this rather than just giving consequences.
- **Learn to see mistakes—including your own—as opportunities to learn.** If you do not handle a situation well the first time, don't despair. Think about what you could have done differently, and try to do it the next time. If you feel you have made a real mistake in the heat of the moment, wait to cool down, apologize to your child, and explain how you will handle the situation in the future. Be sure to keep your promise. This gives your child a good model of how to recover from mistakes.

## Set an example

*Telling* your child how to behave is an important part of discipline, but *showing* her how to behave is even more significant. Children learn a lot about temper and self-control from watching their parents and other adults interact. If they see adults relating in a positive way toward one another, they will learn that this is how others should be treated. This is how children learn to act respectfully.

Even though your children's behavior and values seem to be on the right track, your children will still challenge you because it is in their nature and is a part of growing up. Children are constantly learning what their limits are, and they need their parents to help them understand those limits. By doing so, parents can help their children feel capable and loved, learn right from wrong, develop good behavior, have a positive approach toward life, and become productive, good citizens.

## Why spanking is not the best choice

The American Academy of Pediatrics recommends that if punishment is needed, alternatives to spanking should be used.

Although most Americans were spanked as children, we now know that it has several important side effects.

- It may seem to work at the moment, but it is no more effective in changing behavior than a time-out.
- Spanking increases children's aggression and anger instead of teaching responsibility.
- Parents may intend to stay calm but often do not, and regret their actions later.
- Because most parents do not want to spank, they are less likely to be consistent.
- Spanking makes other consequences less effective, such as those used at child care or school. Gradually, even spanking loses its impact.
- Spanking can lead to physical struggles and even escalate to the point of harming the child.
- Children who continue to be spanked are more likely to be depressed, use alcohol, have more anger, hit their own children, approve of and hit their spouses, and engage in crime and violence as adults.
- These results make sense since spanking teaches the child that causing others pain is justified to control them—even with those they love.

If you are having trouble disciplining your child or need more information on alternatives to spanking, talk to your pediatrician.

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From your doctor

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# Your Baby's First Steps



Learning to walk takes practice. Each child will learn to coordinate and balance at different rates. You can expect some wobbling and falling down at first, but before you know it, your child will be running circles around you.

The American Academy of Pediatrics has written this publication to help prepare you for your baby's first steps.

## Barefoot is natural

A person's lifelong *gait* (walking pattern) begins with her first steps. Babies learn to walk by gripping the ground with their toes and using their heels for stability. This helps develop the muscles needed for walking and is easier to do without socks or shoes.

Although your baby's feet will develop just as well without footwear, walking barefoot may not always be possible. Shoes should be worn to protect your baby's feet when cruising or walking outside, or on uneven, hot, or cold surfaces. Shoes, socks, and footed pajamas should have wiggle room and traction to prevent falling and allow proper foot development.

## Developmental milestones

Although no 2 children develop at the same rate, they should be able to do certain things at certain ages (see below). Talk with your child's doctor if you have questions or are concerned about your child's walking.

Age	Description
At 9 months	May start to crawl, usually backward at first. (Some babies never crawl but instead find other ways of getting around, like wiggling on their tummies and rolling and scooting on their backs.) May pull to stand.
At 11 months	May start to <i>cruise</i> (start to walk while holding onto furniture). May start to walk with support.
From 12 months	May stand on own without support. May walk 2 to 3 steps without support.
13 months	Most babies begin walking at this age.
15 months	May start to walk backward.
18 months	May start to run. May walk across a large room without falling or wobbling from side to side.
2 years	Starts to climb up and down the stairs on own. Can run without falling (occasional falls do not count).
3 years	Can pedal a tricycle.

## Shoe shopping

First steps can happen anywhere between 9 and 15 months. As your baby starts to get on his feet, proper-fitting footwear is just as important to his feet as it is for the health of his entire body.

Keep the following tips in mind when shoe shopping:

1. Shoes should be lightweight and flexible in the forefoot to allow babies' feet to flex side to side and up and down for their natural foot movement. They should also provide stability in the mid-foot for control, and cushioning in the heel for stability and balance.
2. Shoes should be made of breathable materials such as leather or quality mesh, as babies' feet sweat twice as much as adults'.
3. Soles should be made of rubber for traction to prevent slipping when babies are learning how to pull up, cruise, walk, and run.

Babies' foot arches do not start to develop until 2 or 3 years of age. Therefore, special arches are not necessary for early walkers; they should appear gradually in children's shoes to support the natural way their feet develop. Handing down shoes from one child to another is not recommended because each child has a unique foot pattern.

In the first few years of life, your baby's feet are rapidly growing. It is likely he will need new shoes every 2 to 3 months. However, once his foot growth slows down, he still has a lot of wear and tear on his shoes. Therefore, it is a good idea to get his feet measured at least every 3 months to ensure proper fit, flexibility, stability, and support for proper growth and development.

If you need help, a trained professional can measure your child's feet and help find the right fit. Your child's feet can be measured for length and width to allow for proper foot growth.

See page 2 for "Safety tips for babies on the move."

## Safety tips for babies on the move

Once your baby is able to get around on her own, it's important to make sure your home is safe.

- Cover sharp edges on furniture with padding.
- Make sure all furniture is stable and won't fall over if your child leans against it.
- Safeguard dangerous areas, like fireplaces.

Also, there are no benefits to baby walkers. Many parents think walkers will help their children learn to walk. But they don't. In fact, walkers can actually delay when a child starts to walk. Instead, while you are watching, let your baby cruise along furniture.

This publication has been developed by the American Academy of Pediatrics. The authors and contributors are expert authorities in the field of pediatrics. No commercial involvement of any kind has been solicited or accepted in the development of the content of this publication.

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From your doctor

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The American Academy of Pediatrics is an organization of 60,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults.

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## What do I look for?

Look for these potentially poisonous items that need to be used and stored safely.

### Kitchen

- medications
- drain cleaners
- furniture polish
- powdered & liquid detergents
- cleanser & scouring powder
- metal cleaners
- ammonia
- oven cleaner
- rust remover
- carpet & upholstery cleaners
- dishwasher detergents
- alcoholic beverages
- moldy or rotten food

### Laundry

- bleach
- soaps & detergents
- disinfectant
- dyes
- spot removers

### Family Room

- alcoholic beverages
- camera & watch batteries
- cigarettes
- lamp oil
- matches
- plants

### Bathroom

- medications
- vitamins & iron pills
- mouthwash
- shampoo/hair products
- lotions & creams
- denture tablets
- nail polish & remover
- suntan products
- deodorant
- shaving cream & lotion
- antiseptics
- hair remover
- bath oil
- rubbing alcohol
- boric acid
- room deodorizer
- camphor-containing products
- tub & shower cleaners
- toilet bowl cleaners
- drain cleaners

### Bedroom

- medications
- jewelry cleaner
- cosmetics
- perfume

### Garage, Basement, Workshop

- lye
- kerosene
- lime
- bug killers
- gasoline
- lighter fluids
- turpentine
- paint remover & thinner
- weed killers
- fertilizers
- anti-freeze
- windshield washer fluid
- lamp oil
- car cleaners

### Closets, Attic, & Storage Places

- rat & ant poisons
- moth balls

### General

- flaking paint
- pet medications & products

### Purse

- cigarettes
- medications

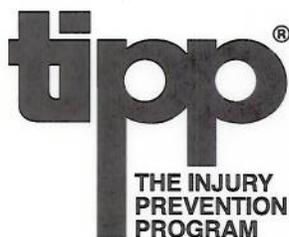
## What else can I do to make my home safer from poison?

- ✓ Post the poison center phone number by your phone
- ✓ Use child-resistant containers
- ✓ Keep all products in their original containers
- ✓ Install and test carbon monoxide (CO) detectors/alarms

Expert Poison Information 24 hours a day, 365 days a year

**1-800-222-1222**

# 6 to 12 Months



## 6 TO 12 MONTHS

### Safety for Your Child

Did you know that hundreds of children younger than 1 year die every year in the United States because of injuries — most of which can be prevented?

Often, injuries happen because parents are not aware of what their children can do. Your child is a fast learner and will suddenly be able to *roll over, crawl, sit, and stand*. Your child may *climb* before walking, or *walk* with support months before you expect. Your child will *grasp* at almost anything and reach things they could not reach before.

#### Falls

Because of your child's new abilities, he or she will fall often. Protect your child from injury. **Use gates on stairways and doors. Install operable window guards** on all windows above the first floor. **Remove sharp-edged or hard furniture** from the room where your child plays.

**Do not use a baby walker.** Your child may tip it over, fall out of it, or fall down the stairs in it. Baby walkers allow children to get to places where they can pull hot foods or heavy objects down on themselves.

**If your child has a serious fall or does not act normally after a fall, call your doctor.**

#### Burns

At 6 to 12 months children grab at everything. **NEVER** leave cups of hot coffee on tables or counter edges. **And NEVER carry hot liquids or food near your child or while holding your child.** He or she could get burned. Also, if your child is left to crawl or walk around stoves, wall or floor heaters, or other hot appliances, he or she is likely to get burned. **A safer place for your child** while you are cooking, eating, or unable to provide your full attention is the **playpen, crib, or stationary activity center, or buckled into a high chair.**

**If your child does get burned, put cold water on the burned area immediately. Keep the burned area in cold water for a few minutes to cool it off. Then cover the burn loosely with a dry bandage or clean cloth. Call your doctor for all burns. To protect your child from tap water scalds, the hottest temperature at the faucet should be no more than 120°F. In many cases you can adjust your water heater.**

Make sure you have a working smoke alarm on every level of your home, especially in furnace and sleeping areas. Test the alarms every month. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries at least once a year.



(over)

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



## Drowning

At this age your child loves to play in water. Empty all the water from a bathtub, pail, or any container of water immediately after use. Keep the door to the bathroom closed. **NEVER leave your child alone in or near a bathtub, pail of water, wading or swimming pool, or any other water, even for a moment.** Drowning can happen in less than 2 inches of water. Knowing how to swim does NOT make your child water safe at this age. Stay within an arm's length of your child around water.

If you have a swimming pool, now is the time to **install a fence** that separates the house from the pool. The pool should be fenced in on all 4 sides. Most children drown because they fall into a pool that is not fenced off from the house. Be prepared — install a fence around your pool now, before your child begins to walk!



## Poisoning and Choking

Your child will explore the world by *putting anything and everything into his or her mouth*. NEVER leave small objects or balloons in your child's reach, even for a moment. Don't feed your child hard pieces of food such as hot dogs, raw carrots, grapes, peanuts, or popcorn. Cut all of his or her food into thin slices to prevent choking.

**Be prepared if your child starts to choke. Learn how to save the life of a choking child. Ask your doctor to recommend the steps you need to take.**

Children will put everything into their mouths, even if it doesn't taste good. Many ordinary things in your house **can be poisonous** to your child. Be sure to keep household products such as cleaners, chemicals, and medicines up, up, and away, completely out of sight and reach. Never store lye drain cleaners in your home. **Use safety latches or locks** on drawers and cupboards. Remember, your child doesn't understand or remember "no" while exploring.



**If your child does eat something that could be poisonous, call the Poison Help Line at 1-800-222-1222 immediately. Do not make your child vomit.**

## Strangulation and Suffocation

Place your baby's crib away from windows. **Cords from window blinds and draperies can strangle your child.** Tie cords high and out of reach. Do not knot cords together.

**Plastic wrappers and bags** form a tight seal if placed over the mouth and nose and may suffocate your child. Keep them away from your child.

## And Remember Car Safety

**Car crashes** are still a **great danger** to your child's life and health. Most injuries and deaths caused by car crashes **can be prevented** by the use of car safety seats EVERY TIME your child is in the car. An infant must always ride in a rear-facing car safety seat in the back seat until he or she is at least 1 year of age and at least 20 pounds. A rear-facing car safety seat should NEVER be placed in front of a passenger air bag. Your child, besides being much safer in a car safety seat, will behave better so you can pay attention to your driving. **The safest place for all infants and**



**children to ride is in the back seat.**

**Do not leave your child alone in a car. Keep vehicles and their trunks locked. Death from excess heat may occur in a closed car in warm weather in a short time.**

**Remember, the biggest threat to your child's life and health is an injury.**

From Your Doctor

The information in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on the individual facts and circumstances.