



BRIGHT FUTURES HANDOUT ► PARENT

9 MONTH VISIT

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



HOW YOUR FAMILY IS DOING

- If you feel unsafe in your home or have been hurt by someone, let us know. Hotlines and community agencies can also provide confidential help.
- Keep in touch with friends and family.
- Invite friends over or join a parent group.
- Take time for yourself and with your partner.



YOUR CHANGING AND DEVELOPING BABY

- Keep daily routines for your baby.
- Let your baby explore inside and outside the home. Be with her to keep her safe and feeling secure.
- Be realistic about her abilities at this age.
- Recognize that your baby is eager to interact with other people but will also be anxious when separated from you. Crying when you leave is normal. Stay calm.
- Support your baby's learning by giving her baby balls, toys that roll, blocks, and containers to play with.
- Help your baby when she needs it.
- Talk, sing, and read daily.
- Don't allow your baby to watch TV or use computers, tablets, or smartphones.
- Consider making a family media plan. It helps you make rules for media use and balance screen time with other activities, including exercise.



DISCIPLINE

- Tell your baby in a nice way what to do ("Time to eat"), rather than what not to do.
- Be consistent.
- Use distraction at this age. Sometimes you can change what your baby is doing by offering something else such as a favorite toy.
- Do things the way you want your baby to do them—you are your baby's role model.
- Use "No!" only when your baby is going to get hurt or hurt others.



FEEDING YOUR BABY

- Be patient with your baby as he learns to eat without help.
- Know that messy eating is normal.
- Emphasize healthy foods for your baby. Give him 3 meals and 2 to 3 snacks each day.
- Start giving more table foods. No foods need to be withheld except for raw honey and large chunks that can cause choking.
- Vary the thickness and lumpiness of your baby's food.
- Don't give your baby soft drinks, tea, coffee, and flavored drinks.
- Avoid feeding your baby too much. Let him decide when he is full and wants to stop eating.
- Keep trying new foods. Babies may say no to a food 10 to 15 times before they try it.
- Help your baby learn to use a cup.
- Continue to breastfeed as long as you can and your baby wishes. Talk with us if you have concerns about weaning.
- Continue to offer breast milk or iron-fortified formula until 1 year of age. Don't switch to cow's milk until then.

Helpful Resources: National Domestic Violence Hotline: 800-799-7233 | Family Media Use Plan: www.healthychildren.org/MediaUsePlan
 Poison Help Line: 800-222-1222 | Information About Car Safety Seats: www.safercar.gov/parents | Toll-free Auto Safety Hotline: 888-327-4236

9 MONTH VISIT—PARENT



SAFETY

- Use a rear-facing-only car safety seat in the back seat of all vehicles.
- Have your baby's car safety seat rear facing until she reaches the highest weight or height allowed by the car safety seat's manufacturer. In most cases, this will be well past the second birthday.
- Never put your baby in the front seat of a vehicle that has a passenger airbag.
- Your baby's safety depends on you. Always wear your lap and shoulder seat belt. Never drive after drinking alcohol or using drugs. Never text or use a cell phone while driving.
- Never leave your baby alone in the car. Start habits that prevent you from ever forgetting your baby in the car, such as putting your cell phone in the back seat.
- If it is necessary to keep a gun in your home, store it unloaded and locked with the ammunition locked separately.
- Place gates at the top and bottom of stairs.
- Don't 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.
- Put the Poison Help line number into all phones, including cell phones. Call if you are worried your baby has swallowed something harmful.
- Install operable window guards on windows at the second story and higher. Operable means that, in an emergency, an adult can open the window.
- Keep furniture away from windows.
- 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

- Caring for your child, your family, and yourself
- Creating daily routines
- Feeding your child
- Caring for your child's teeth
- Keeping your child safe at home, outside, and in the car

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition*

For more information, go to <https://brightfutures.aap.org>.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



The information contained in this handout 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. Original handout included as part of the *Bright Futures Tool and Resource Kit*, 2nd Edition.

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What Is Screen Time?

SCREEN TIME IS THE **TOTAL** TIME SPENT BY:



WATCHING TV



ON A COMPUTER



PLAYING VIDEO GAMES



USING A SMARTPHONE OR TABLET

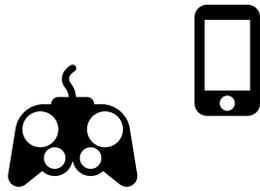
DID YOU KNOW?

Toddlers exposed to more screen time had higher rates of speech & language delay.

For every 30-minute increase in daily handheld screen time, there was a 49% increased risk of expressive language delay!

American Academy of Pediatrics (2017) Handheld Screen Time Linked with Speech Delays in Young Children

Screen time has also been linked to: obesity, behavioral problems, and loss of social skills.



HOW MUCH SCREEN TIME?

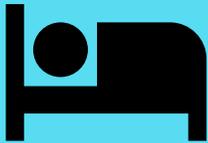
American Academy of Pediatrics Recommends:

- Birth to 2 years- NO screen time
- 2-5 years of age- Up to 1 hour daily
- School Age Children- 1-2 hours daily



SET GUIDELINES

Set device free zones and family rules for screens



- No devices in bedrooms
- Turn screens off an hour before bed
- No devices during dinner time

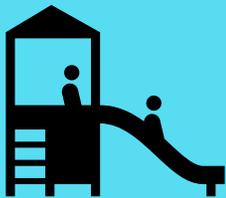
STAY INVOLVED

- Research games and apps to make sure that they are **appropriate** and **high quality** at www.commonsensemedia.org
- Watch videos with your child and talk about them
- Encourage hobbies outside the online world



PRIORITIZE PLAY!

We know the best way to help children learn and grow is to **play and interact with them!** Children develop speech, language, and social skills through playing with peers and adults. Have fun during everyday interactions like bath time, meal time, and at the grocery store.



Screen time will not promote your child's development, but we can't ignore that, allowed occasionally, it can help you get through a busy day. Whenever possible, when your child watches media on your phone or tablet, talk about it or even re-enact it together!

SOURCES:

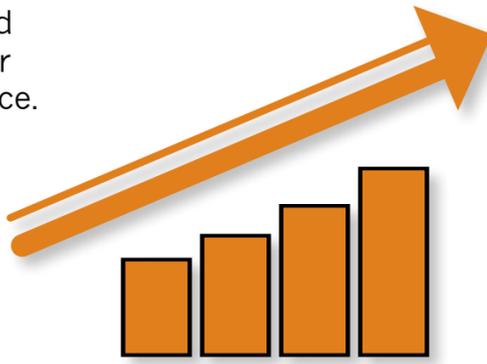
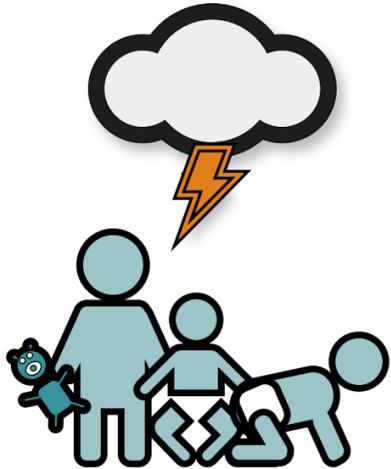
- American Academy of Pediatrics (2017). American Academy of Pediatrics Announces New Recommendations for Children's Media Use. Retrieved from <https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/american-academy-of-pediatrics-announces-new-recommendations-for-childrens-media-use.aspx>
- American Academy of Pediatrics (2017). Handheld Screen Time Linked with Speech Delays in Young Children. Retrieved from <https://www.healthychildren.org/English/news/Pages/Handheld-Screen-Time-Linked-with-Speech-Delays-in-Young-Children.aspx>
- Canadian Pediatric Society (2017). Screen time and young children: Promoting health and development in a digital world. Retrieved from <https://www.cps.ca/en/documents/position/screen-time-and-young-children>
- Christakis, D. A. (2009). The effects of infant media usage: what do we know and what should we learn? Review Article. *Acta Paediatrica*, 98, 8-16.
- Zimmerman, F. J., Christakis, D. A. & Meltzoff, A. N. (2007). Associations between Media Viewing and Language Development in Children Under Age 2 Years. *The Journal of Pediatrics*, 151, 364-368.



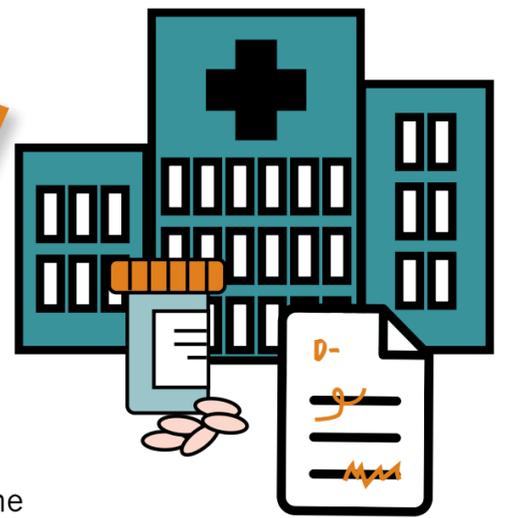
WHAT ARE ACES?

AND HOW DO THEY RELATE TO TOXIC STRESS?

“ACEs” stands for “Adverse Childhood Experiences.” These experiences can include things like physical and emotional abuse, neglect, caregiver mental illness, and household violence.

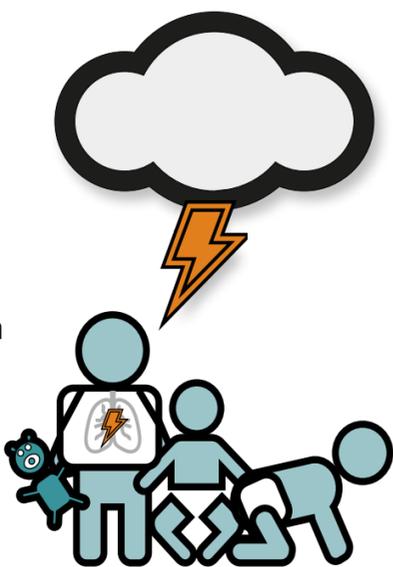


The more ACEs a child experiences, the more likely he or she is to suffer from things like heart disease and diabetes, poor academic achievement, and substance abuse later in life.



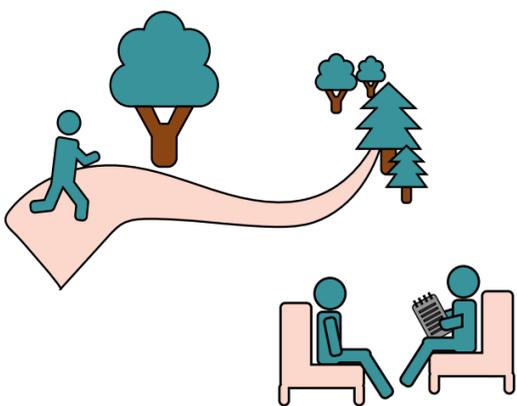
TOXIC STRESS EXPLAINS HOW ACES “GET UNDER THE SKIN.”

Experiencing many ACEs, as well as things like racism and community violence, without supportive adults, can cause what’s known as **toxic stress**. This excessive activation of the stress-response system can lead to long-lasting wear-and-tear on the body and brain.



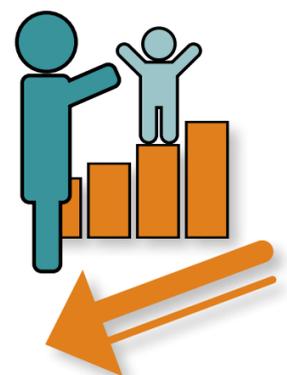
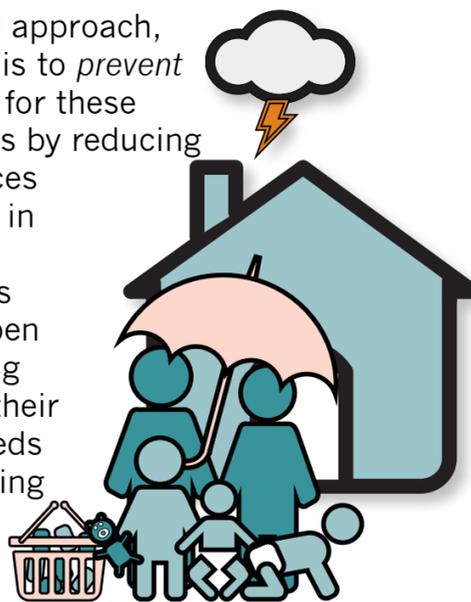
The effect would be similar to revving a car engine for days or weeks at a time.

WE CAN REDUCE THE EFFECTS OF ACES AND TOXIC STRESS.



For those who have experienced ACEs, there are a range of possible responses that can help, including therapeutic sessions with mental health professionals, meditation, physical exercise, spending time in nature, and many others.

The ideal approach, however, is to *prevent* the need for these responses by reducing the sources of stress in people’s lives. This can happen by helping to meet their basic needs or providing other services.



Likewise, fostering strong, **responsive relationships** between children and their caregivers, and helping children and adults build **core life skills**, can help to buffer a child from the effects of **toxic stress**.

ACEs affect people at all income and social levels, and can have serious, costly impact across the lifespan. **No one who’s experienced significant adversity (or many ACEs) is irreparably damaged**, though we need to acknowledge trauma’s effects on their lives. By reducing families’ sources of stress, providing children and adults with responsive relationships, and strengthening the core life skills we all need to adapt and thrive, **we can prevent and counteract lasting harm**.

MIDDLETOWN AREA WELL BABY DENTAL VISIT RESOURCE & REFERRAL GUIDE*

Keep your baby healthy and cavity-free with a well-baby dental visit by age 1.

Choose the right dentist for your family.

Ask a few questions:

1. Do you want to see the same dentist as your child? Pediatric dentists see kids and young people. Family and general dentists see kids and adults.
2. Does your child have special needs?
3. Will you be able to get to the office every 6 months for visits?
4. How big is the practice? Do you want to see the same dentist or hygienist at each visit?
5. How does the office handle dental emergencies?
6. What will happen at the first visit?
7. What will happen if your child is nervous or unable to complete the exam?

Make your child's first dental visit a good one.

1. Talk to your child before the visit.
2. Read a book about going to the dentist.
3. Practice opening wide and using a toothbrush.
4. Bring a special toy or blanket with you.
5. Schedule the visit for morning or a time when your child will be well rested and you will not be rushed.

The dentists listed on the back of this page will see your child for a well-baby dental visit.



If you have HUSKY Health, please call CT Dental Health Partnership. They will help you find a dentist. Hearing impaired clients, please dial 711 for Relay Connecticut assistance.

1-855-CTDENTAL (1-855-283-3682).
Monday through Friday, from 8:00 a.m. to 5:00 p.m.

These dentists will see your child for the “Well Baby Dental Visit” around the time your child turns 1, when his or her teeth first come in.

Central Ct Pediatric Dentistry

(Pediatric Dentists)

Robert R Gatehouse, Tiffany Haim, Amy O’Callaghan, Z Christopher Religa, Daniel J Shoemaker

828 Newfield St
Middletown CT 06457
(860)613-0553

Sweet Tooth Pediatric Dentistry

Erica Pitera (Pediatric Dentist)

583 Saybrook Rd
Middletown CT 06457
(860)347-4681

Arborview Dental Care

195 S Main St
Middletown CT 06457
(860)346-2470

Apollonia Dental

200 Main St Ext.
Middletown CT 06457
(860)704-8000

Nicole M Cambria

85 Church St Ste 400
Middletown CT 06457
(860)344-0004

Community Health Center, Inc.

675 Main St
Middletown CT 06457
(860)347-6971

Laurence K Levy

193 Main St
Middletown CT 06457
(860)347-4500

Middletown Dental Associates

Peter Gletzakos, Shashi Ghodake
547 Main St
Middletown CT 06457
(860)346-3081

Michele S Salonia

955 South Main Street
Middletown, CT 06457
(860) 398-4038

Nova Dental

Asma Ijaz, Paul Chen (pediatric dentist)
136 Berlin Rd
Cromwell CT 06416
(860)-358-9040

Gloria Perry

75 Berlin Rd, Suite 106
Cromwell Ct 06416
(860)635-3209

Jeffery M Shuster

28 Shunpike Rd. Ste 7
Cromwell CT 06416
(860) 635-3993

Glazer Dental Associates

16 Main St Ste 303
Durham CT 06422
(860) 349-3368

Belltown Dental

Stewart Danziger
190 E High St
East Hampton CT 06424
(860)267-2549

Chatham Dental Care

Nancy J Simonow
33 W High St
East Hampton CT 06424
(860)267-4900

William J Lema

6 Way Rd Ste 210
Middlefield CT 06455
(860)349-7006

Portland Dental Care

Peter Gletzakos, Shashi Ghodake
595 Main Street,
Portland CT, 06480
(860)-342-4502

Amita Aggarwal

322 Main St
Portland CT 06480
(860)342-3309

Waterview Dental Group

553 Portland Cobalt Rd
Portland Ct 06480
(860)342-4141

These dentists will see children who are at least 2 years old and older

Gentle Dental Care

414 S Main St
Middletown CT 06457
(860)346-9601

Cromwell Dental

Robert A. Breault, Tori E Saferin, Jeffrey J Scull
30 Country Squire Dr
Cromwell Ct 06416
(860) 635-6445

Durham Dental Associates

William & Allan Witkowski
360 Main St Po Box 177
Durham CT 06422
(860)349-1123

George M Mantikas

142 E High St
East Hampton CT 06424
(860)267-6666

Keith E Campbell

212 Saybrook Rd
Higganum CT 06441
(860)345-2282

*This is not a specific endorsement or recommendation for any listed dentist. We hope it will be a helpful tool for your family to find a dentist who will see your child early.