

Emergency Phone Numbers

Keep your baby well.

Always keep doctor visits and immunizations (shots) up to date. Save and bring all records to every clinic/doctor visit.

Call doctor right away if you think baby is sick. Signs may include: vomiting (not just spit up), fever, rash, diarrhea, coughing, sucking poorly, seizures, breathing fast and noisy, dark or very little urine, or pulling on ears.

Learn first aid and infant/child CPR so you know what to do if baby gets hurt or is choking or not breathing.

Never smoke around a baby. Secondhand smoke can cause colds, ear infections, asthma, bronchitis, and pneumonia in babies.

Have your baby tested for lead poisoning at 6 months, and once a year for the next six years.

Help your baby learn.

Play games like peek-a-boo or patty-cake and sing songs. Repeat baby's sounds; like laughing or squealing. This will help him/her learn to talk.

Protect your baby from abuse.

Babies' heads and necks are very fragile. Never shake a baby. Shaking a baby is child abuse and can cause brain damage, seizures, paralysis and even death. Caring for a baby can be frustrating. Cope with frustration by placing the baby safely in the crib and leave the room for a breather. Call a friend, health professional, or clergy person or call the 24-hour toll free hotline (1-800-422-4453) if you are having trouble.

BABY'S DOCTOR (name and phone):

LOCAL FIRE DEPARTMENT PHONE:

LOCAL POLICE DEPARTMENT PHONE:

POISON CONTROL CENTER PHONE:

1-800-222-1222

CCDPH DISTRICT OFFICES:

North Suburbs

3rd District Court Building
2121 Euclid Avenue
Rolling Meadows, IL 60008
847-818-2860 phone, 847-818-2023 TDD

West Suburbs

Eisenhower Tower
1701 S. First Avenue
Maywood, IL 60153
708-786-4000 phone, 708-786-4002 TDD

Southwest Suburbs

5th District Court Building
10220 S. 76th Avenue
Bridgeview, IL 60455
708-974-6160 phone, 708-974-6045 TDD

South Suburbs

6th District Court Building
16501 South Kedzie
Markham, IL 60426
708-232-4500 phone, 708-232-4010 TDD

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Your Baby 6 to 12 Months



*Things your baby may do
and tips to keep baby healthy*



**COOK COUNTY HEALTH
& HOSPITALS SYSTEM**
CCHHS

**Cook County Department
of Public Health**

Promoting health. Preventing disease.

Protecting you.

Here are ways to keep your baby safe and healthy

Things your baby may do 6 to 12 months



Cook County Department of Public Health
Promoting health. Preventing disease.
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Protect your baby from getting hurt.

Only leave baby in the care of a responsible person. Never leave alone in a tub of water or where s/he could fall (e.g. tabletop, bed, couch, or changing table). Put crib sides up.

Baby should sleep in a crib alone on a firm surface with only a fitted sheet covering all sides. Back sleeping lowers risk of Sudden Infant Death Syndrome (SIDS).

Cover unused electrical outlets with safety caps or tape. Remove all cords from sleep and play areas.

Choose toys with care. Small parts (e.g. eyes and nose on stuffed animal, broken balloons, keys, coins, jewelry) can be a choking hazard. All toys/parts must be bigger than baby's mouth.

Put all vitamins, iron drops, medicines, cleaners, other chemicals, knives and plastic bags out of reach or in a locked space. Keep Poison Control Center phone number (see back panel) handy. Do not induce vomiting.

Use a smoke/carbon monoxide detector in your home. Change batteries every six months.

If there are guns and ammunition in your home, lock unloaded gun(s) separate from locked ammunition.

Use a government-approved rear-facing child safety seat when transporting baby in a car. Buckle yourself too. It's the law.

Keep baby out of direct sunlight. Discuss sunscreen with doctor.

Use safety gates at the tops of stairs and in front of windows to prevent falls. Don't use walkers.

This chart is very general. Talk with your baby's doctor if you have concerns.

How babies this age handle their body:	Most babies will do this by age:
Sits with or without support	6 months-8 months
Makes babbling sounds	6 months-12 months
Imitates sounds like ma-ma and da-da	9 months-12 months
Holds foods and holds bottle	6 months-8 months
Crawls or tries to crawl	6 months-12 months
Pulls to a standing position and stands alone	9 months-12 months
Begins to walk with support	8 months-12 months
Drinks from a cup and with help, can eat from a spoon	9 months-12 months
Starts teething	5 months-9 months
Sleeps 10-12 hours a night with shorter daytime naps	4 months- 12 months

Keep your baby clean.

Always wash your hands before and after changing baby's diaper. Wash, rinse, and pat diaper area dry at each diaper change. Talk to doctor about uncontrollable diaper rash.

Prevent burns at bath time by testing warmth of water first with your elbow or wrist to make sure not too hot for baby. Use a washcloth with warm water and mild soap to wash. Do not use cotton swabs (Q-tips TM) to clean inside ears or nose.

Clean baby's new teeth with a soft, clean cloth before bedtime.

Help your baby grow.

Give your baby breast milk or formula with iron until s/he is 12 months. Start whole milk at 12 months. Babies this age should not need night-time feedings.

Start to give liquids such as formula, water or juice in a cup that can be held. Babies should be weaned from the bottle between 12 and 15 months of age. Offer formula or breast milk after the child has eaten their meal to encourage eating new foods.

Feed your baby at least 3 meals a day and 2 snacks. Babies enjoy eating foods with their fingers and hands like crackers, pasta, cooked vegetables, soft fruits and tender cooked meats like chicken. Cut finger food to less than 1/2 inch.

Don't give your child hard candy, peanuts, chips, hot dog, raw carrots, popcorn, grapes, raisins, chewing gum or peanut butter, as they can cause choking at this age.