

Development

At 9 months, your child should be able to:

- Sit and play without you holding the child
- Wave and clap
- Focus his/her eyes on objects that are far
- Start making sounds like “ma-ma”

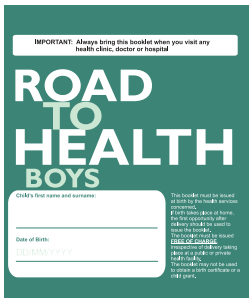
When you speak to your child, tell him/her the names of people and things.



Child's first teeth can appear any time between 6 and 12 months. Keep teeth clean by wiping with a damp facecloth.

Next Clinic Visit

You will need to return to your clinic every 2 months to check your child's growth. At the 1 year visit, your child will also receive his/her second vitamin A dose, first deworming medicine and first teeth check.



Danger Signs

You should return to the clinic **immediately** if your child has any of these problems:

- Refuses to eat
- Unable to breathe well or fast breathing
- Is vomiting everything he/she eats
- Diarrhoea with sunken eyes
- Diarrhoea with blood
- Lethargic or unconscious
- Convulsions/fits
- If anyone in close contact with your child has TB



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Disclaimer:

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Caring for your Child

9 Months



Immunisations

Today, your child will receive 2 immunisations in the form of injections. These immunisations will help to protect your child against measles, ear infections, chest infections and meningitis.

Your child may develop fever or pain where the injections were given – this is normal.



Return to your clinic immediately if:

- The fever does not settle
- The child cries without stopping for more than 3 hours
- The area where the vaccine was given becomes swollen, or
- The child has any convulsions/fits

HIV Status of Mother and Child

If child is HIV-positive:

- Your child needs antiretroviral treatment (ART) to prevent him/her from getting sick
- Make sure that you take your child to the ART clinic every month for check-ups and to collect medication
- It is important for your child to get the right amount of ART medicine twice a day every day
- Continue to give your child the antibiotic Cotrimoxazole/Bactrim daily to prevent serious chest infections

If child's mother is HIV-positive and child tested HIV-negative at 6 weeks:

- If you are breastfeeding, make sure that you are taking your own ART to prevent your child from getting HIV through your breastmilk
- When you stop breastfeeding, your child must have an HIV test 6 weeks later
- If your child becomes ill at any time, return to the clinic for another HIV test



If child's mother is HIV-negative:

- If you are breastfeeding, you should have an HIV test every 3 months even if you tested HIV-negative before

Feeding

At this age, your child needs 3 – 4 meals a day together with breastmilk.

- You can feed your child foods like vegetables, fruit, egg, minced meat or chicken
- Offer your child clean water regularly
- Encourage your child to drink from a cup and allow him/her to try to feed themselves sometimes

Your child should be gaining weight every month. Ask the nurse at the clinic to show you how your child is growing on the growth chart in your child's Road to Health Booklet. If your child is not gaining weight every month, speak to your nurse.

Safe Water for Your Child

When you give your child water, it is important that the water is safe and clean as dirty water may cause your child to get diarrhoea. To make your water safe for your child, you should:

- Boil the water for 1 full minute, and then let the water cool before drinking
- Store the clean water in a container with a tight fitting lid that has been washed with soap
- Wash the child's cup with soap before use

