

Breastfeeding at 9 Months

A Counseling Guide for Health Care Professionals

Counseling Message for Mothers	Background for Professionals
Feed your baby when you see signs of hunger (typically 4 to 6 times every 24 hours).	At this age, breastfed babies consume more at a feeding. Participate in family meal times and go longer between feedings.
Breastfed babies may go several days without a bowel movement and then have a large soft stool.	It is normal for babies to go several days without a stool. The color and consistency of stools varies based on baby's solid food intake.
If formula supplementation is needed, offer iron-fortified infant formula.	Recommend iron-fortified formula as a supplement until the baby's first birthday. For healthy breastfed babies, soy or protein hydrolysate formulas do not offer any advantages over cow's milk formulas as a supplemental feeding. If baby is drinking from a cup, encourage parents to offer formula in a cup instead of using a bottle.
Breastfed babies over 6 months old may need Vitamin D, iron, and fluoride supplements.	<ul style="list-style-type: none"> • Breastfed babies consuming <16 oz. of infant formula a day need a Vitamin D supplement of 200 IU/day. • Breastfed babies consuming <5-6 tablespoons of dry infant cereal per day need an elemental iron supplement of 1mg/kg/day. • Infant baby meats can be a good source of iron for babies. • Evaluate the adequacy of the fluoride content of the household drinking water. It is also possible for babies to get too much fluoride. If the water contains <0.3 ppm fluoride, consult with a physician or dentist about the need for a fluoride supplement.
Continue to introduce new foods, including finger foods so that baby can practice self-feeding skills.	The gradual introduction of foods promotes healthy eating behaviors. Encourage parents to offer a cup and to limit juice intake to 4 oz/day. Too much juice can cause diarrhea or prevent baby from eating other healthy foods. Breastmilk still provides most of the baby's nutrition.



Breastfeeding at 9 Months (continued)

Counseling Message for Mothers	Background for Professionals
<p>You can continue breastfeeding or feeding expressed breastmilk if you return to work or school.</p>	<p>Breastfeeding mothers have several options:</p> <ul style="list-style-type: none"> • Breastfeed baby (child care provider is on-site or nearby). • Breastfeed when with baby and collect/store breastmilk for feeding when apart. • Breastfeed when with baby and formula feed when apart. <p>Tell mothers how to safely store expressed breastmilk.</p>
<p>If you choose to stop breastfeeding, gradual weaning is easiest for you and your baby.</p>	<p>Encourage mothers to initiate weaning gradually by replacing one feeding with formula for 2-3 days. This allows her milk supply to decrease slowly without fullness and discomfort. If baby is drinking well from a cup and eating other foods, she may be able to wean directly to a cup and avoid bottles.</p> <p>Mothers can continue to wean at their own pace by replacing one feeding at a time. Mothers can partially wean (i.e., continue breastfeeding several times per day) and maintain that feeding pattern for days or weeks before deciding to replace another feeding.</p>
<p>Questions? Call one of the following:</p> <ul style="list-style-type: none"> • Certified breastfeeding educators • Certified lactation consultant • Health care professionals • La Leche League • Peer support groups • Physicians • WIC staff 	<p>Mothers and babies are not born knowing how to breastfeed. It takes patience and practice to learn and recognize each other's signals. Identify sources of support from family members, friends, and the community. Encourage mothers to call with questions or for advice.</p>



Adapted with permission from the Iowa Department of Public Health