

# NEW PARENT NEWS

The monthly newsletter of Southern Tier Health Care System



## 9 Months

Your baby is starting to express personality traits and discover the world around them. Allow them to explore their environment and show off their new milestones.

- Growing about 10 inches in length since birth.
- Crawling and scooting on the ground.
- Pulling up to a standing position and may start taking steps.
- Grabbing finger foods and feeding themselves.
- Pointing to items they want and beginning to wave to people and things around them.
- Transition to a full-size crib in their own room.

## Helmets

A properly-fitted helmet is the most effective way to prevent a head injury resulting from a bicycle crash. Take the helmet fit test to make sure you and your children are biking safety.

### Does your helmet fit properly?

1



**Eyes:** Put the helmet on your head. Look Up. You should see the bottom rim of the helmet.

2



**Ears:** Make sure the straps form a "V" under your ears when buckled. The straps should be tight but comfortable.

3



**Mouth:** Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.