



9 Months

This is an exciting time for your 9 month old baby as he or she develops new skills and begins to explore. You will see great growth in both fine motor (use of hands) and gross motor (mobility) skills. Your baby may also begin to display separation reaction, this is a sign of a healthy attachment.

Developmental and Milestones

- Understands a few words such as “no-no” and “bye-bye”.
- Responds to his or her name.
- May say “dada” or “mama”.
- Babbles, imitates vocalization, but not specifically.
- Bangs two toys together.
- Crawls, creeps and moves forward.
- May pull to stand up.
- Uses fingers and thumbs to poke, pry and probe.
- Play interactive games such as peek-a-boo and pat-a-cake.
- Feeds self with fingers.
- May show anxiety towards strangers.

Sleep

- Encourage your baby to console himself or herself by putting your child to bed awake.
- Some nine month old babies begin night awakenings for short periods of time. Should this happen, check on your baby but keep the visit brief, avoid stimulating your infant and leave the room quickly once you feel everything is okay. Do not give extra bottles, take your infant back to bed with you or rock him or her back to sleep. This will only reinforce the night awakenings and it will become a habit.
- Never put your baby to bed with a bottle.

Feeding and Nutrition

- Give your baby soft table foods if approved by your pediatrician to increase the texture and variety of foods in his or her diet. Give your child the opportunity to use his or her newly developed skill of plucking things by offering small bits of soft table foods. The 9 month old is a great imitator. The food on your plate is much more appetizing to him or her, so take advantage of this to introduce new table foods.
- Continue teaching your child how to use a cup so he or she is off any bottle by his or her first birthday.
- Always supervise your child while he or she is eating.
- Never give a 9 month old food that may cause choking and aspiration such as peanuts, popcorn, hot dogs, carrot or celery sticks, whole grapes, raisins, whole beans, hard candy, large raw fruits or vegetables, or tough meat.
- Continue using breast milk or iron fortified formula for the first year of your infant's life.

General Health and Safety

- Remember there is no such thing as “child proof” cap.
- “Child proofing” if not done at 6 months, is a priority. Get down on the floor at your baby's eye level and see what he or she can get into. Place plastic plugs in electrical outlets. Be sure to watch your child closely when visiting friends and family who have not baby proofed their home.
- Continue to use rear facing infant car seat in the back seat.
- Do not leave your baby alone in a tub of water or on high places such as changing tables, beds, sofas, or chairs. Always keep one hand on baby.
- Avoid using baby walkers. There is considerable risk of injury with no clear benefit.
- Install and maintain carbon monoxide detectors.
- Keep your infant's environment smoke free including homes and cars.
- Protect your infant from sun. Use sunscreen, hats and long clothing.
- Keep all poisonous substances out of reach; cleaning agents, health and beauty aids, and paint should be locked out of site from your infant. Post Poison Control's number so it is readily available.
- Lower crib mattress.

When to Call or See Your Pediatrician

- Fever.
- Vomiting.
- Diarrhea.
- Unusual skin rashes.
- Anything out of the normal.

Immunizations

- HBV (Hepatitis B)

Date _____

Your Next Visit: 12 Months

Height _____ Percentile _____

Date _____ Time _____ AM/PM

Weight _____ Percentile _____

Provider _____

Head
Circumference _____ Percentile _____

