

9 MONTH VISIT

NAME _____ AGE _____ DATE _____

WEIGHT _____ PERCENTILE _____ HEIGHT _____ PERCENTILE _____

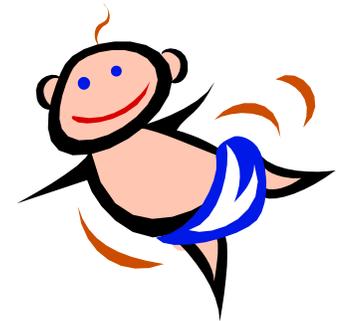
PHYSICIAN or NURSE PRACTITIONER: _____

What is normal development at 9 months? By this time most babies should:

- *respond to their own name.
- *sit independently (without anything supporting them).
- *throw objects.
- *feed themselves finger foods.
- *start having stranger anxiety (nervous when "new" people are near).
- *have a pincer grasp, which is using the thumb and index finger to pick up small objects.
- *cruise (cruising is the term used to describe when a baby stands and slowly walks or moves along while holding on to something like a couch for support).

Looking ahead to 12 months, most babies should:

- *pull themselves up to stand.
- *indicate to you what they want.
- *bang two cubes or other objects together.
- *speak 1-3 words other than "mama" and "dada."
- *say mama or dada, specifically, for their mother and father.
- *drink from a cup.
- *wave bye-bye.
- *play pat-a-cake and peek-a-boo.



Anticipatory Guidance

Diet/Feeding:

- *No cow's milk until your baby is 1 year old.
- *Continue giving breast milk or iron-fortified formula for your baby's first year.
- *Avoid foods that are choking hazards, such as nuts, grapes, popcorn, carrot sticks, hot dogs, sausages, raisins, corn, tough pieces of meat, large pieces of raw vegetables, and hard candy.
- *Always supervise your child while she is eating.
- *Soft table foods and finger foods are appropriate at this age.
- *Picky eating is normal.

Sleep:

- *Maintain your baby's bedtime routine - encourage her to console herself by putting her to sleep awake.
- *The 9 month old baby may begin to show resistance to going to sleep for naps and at night.
- *Some 9 month old babies begin night awakenings for short periods of time. Should this happen, check your baby, but keep the visit brief, avoid stimulating your baby, and leave the room quickly once you feel everything is OK.
- *Never put your baby to bed with a bottle.

Dental:

- *Let your baby imitate you with a tooth brush.
- *If your baby has teeth, brush them regularly, but don't use adult toothpaste.

- *No more bottles by 1 year old – your baby should be able to use a cup or sippy-cup.
- *For teething, cool (not frozen) teething toys, Tylenol, or topical anesthetics can be helpful.

Parenting:

- *Continue to establish routines. Babies are generally more relaxed when meal times and sleeping times are consistent. Bedtime is especially important, which includes a consistent routine getting ready for bed, and putting your baby to bed awake. By now your baby should sleep through the night.
- *Begin to set limits by using verbal “no’s,” distraction, removing the object from the baby’s sight, or removing the baby from the object. If you become angry with your baby, put the child in their crib or playpen for one or two minutes. This will allow you to calm down and allows your baby to realize she has done something wrong. Consistency of discipline is very important – adhering to the limits you set keeps your child safe.
- *Praise good behavior. Do not allow aggressive behavior.
- *Reading to your baby is important, even at this early age.
- *Talk with your baby frequently and describe things you are doing. Talking to your baby while dressing, bathing, feeding, playing, walking, and driving help stimulate language development.
- *Provide opportunities for safe exploration.
- *Stranger anxiety may limit some parent’s ability to leave their 9 month old with grandparents or a baby sitter. It is important for parents to get out from time to time without their little one. You get a breather, and your baby learns that sometimes you go away, but you always come back.

Safety:

- *Be careful around water. NEVER leave your baby unattended in the bath tub.
- *Hot bath water is a frequent cause of burns; keep your water heater set below 120 degrees.
- *Avoid overexposure to the sun and use a waterproof sunscreen outdoors (at least SPF 15) – babies have sensitive skin and can quickly get very painful sunburns. Avoid being in the sun from 10am to 3pm.
- *Keep small objects (choking hazards) and sharp objects out of reach.
- *Children should never be left alone in a car.
- *Safety-proof your house. Keep all poisons and weapons out of reach and locked up. Remember, there is no such thing as a “child proof” cap.
- *Install gates at the top and bottom of stairs, and place safety devices on windows.
- *California Poison Control Center: 1(800)876-4766.
- *Learn first aid and infant CPR.
- *Do not leave heavy containers, or containers with hot liquids, on tables with tablecloths that your baby may be able to pull down.
- *Continue to keep your baby’s environment smoke-free.
- *Continue to use an infant car seat that is properly secured at all times.

Next Well Baby Visit:

When your baby is **12 months** old.



Department of Pediatrics
Naval Medical Center San Diego

34520 Bob Wilson Drive Suite 100
San Diego, CA 92134-2100
Prime Appointment Line: (619) 532-8225
Prime At Night: (800) 453-0491
Fax: (619) 532-7721