

# **9 Month Old**

**Developmental Milestones**

**Feeding and Nutrition**

**Well Child Check**

**Safety Tips**

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# Developmental Milestones

## 9 Months

- ❑ **Social/Emotional:**
  - ◆ showing some fear of strangers
  - ◆ may be clingy with caregivers
  - ◆ has favorite toys that are comforting
  
- ❑ **Language:**
  - ◆ understands the word “no”
  - ◆ makes many vocal sounds
  - ◆ copies sounds and gestures of others
  - ◆ points at things with fingers
  
- ❑ **Cognitive:**
  - ◆ looks for hidden objects
  - ◆ plays peek-a-boo
  - ◆ puts things in mouth
  - ◆ mastered moving objects and toys from one hand to other
  - ◆ picks up things like small cereal between thumb and index finger
  
- ❑ **Physical:**
  - ◆ stands holding on to furniture or hands
  - ◆ can move into sitting position and sit without support
  - ◆ pulls up to stand
  - ◆ crawls

*\* Remember: all children grow/mature at different rates\**

# Developmental Milestones

## 9 Months

- ❑ **Tell your health care provider if your child:**
  - ◆ doesn't bear weight on legs with support
  - ◆ can't sit with help
  - ◆ doesn't make babbling sounds like /ga-ga/, /ba-ba/
  - ◆ doesn't play any games involving back-and-forth interactions
  - ◆ doesn't respond to own name
  - ◆ doesn't seem to recognize familiar people
  - ◆ does not look where you point
  - ◆ doesn't transfer toys from one hand to the other

# Feeding and Nutrition

- At 9 months your child may be ready to try finely puréed vegetables or fruits one at a time
- Speak to your health care provider about developmental cues that your baby is ready to handle new foods
- Speak to your health care provider about questions and concerns you have about this transition and which foods to start out with
- Do not feed honey or egg whites before first birthday

Do **not** give foods the baby can choke on or get sick from, like:

hot dogs or meat sticks	peanut butter
raw vegetables	bacon
whole grapes	fish with bones
potato or corn chips	bologna or deli meats
popcorn	whole eggs or egg whites
hard candy	unpasteurized fruit juice
raisins	rare or raw meats
nuts	honey or food made with it

**\*Although these guidelines are appropriate for most children they may not fit all. Always consult your health care provider about specific nutrition needs of your child\***

# **Well Child Check**

## **9 Months**

### **☐ Topics to discuss with your health care provider:**

- ◆ advice on baby safety
- ◆ developing motor skills
- ◆ transition from infant to toddler
- ◆ importance of reading to baby daily
- ◆ any questions about development

# Safety Tips

- Keep all outlets covered
- Keep both ends of a staircase securely blocked
- Never leave your child alone in the bathroom; especially in bathtub
- Be within arms reach when around water
- Get down to baby's level and do a scan of your house. Take care of any dangers that are present including cords or tablecloths that baby can pull onto self
- A rear-facing infant car seat is a necessity until baby is both 1 year and 20 pounds
- Install window guards on all windows above first floor
- Keep cleaning products and weapons in a locked cabinet, out of reach
- Keep guns unloaded and in locked cabinet
- American Association of poison control Centers Phone number: 1-800-222-1222

# **Recommended Immunizations**

**Any make-up vaccinations**

**For more information on Immunizations and the diseases that they protect us from go to the Center of Disease Control and Prevention website at:**

***<http://www.cdc.gov/vaccines/parents/index.html>***