

# 9 MONTH VISIT

Child's name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

## TODAY'S MEASUREMENTS:

HEIGHT: \_\_\_\_\_ ( \_\_\_\_\_ %ile)

WEIGHT: \_\_\_\_\_ ( \_\_\_\_\_ %ile)

HEAD CIRCUMFERENCE: \_\_\_\_\_ ( \_\_\_\_\_ %ile)

## Your Growing Baby

- All babies develop at their own rate. At this age, you may notice that your baby:
  - Sits without support
  - Tries to crawl
  - Pulls on something to try and stand
  - Takes steps while holding on to furniture
  - Moves objects from hand to hand
  - Picks up small objects with index finger and thumb
  - Understands her name, "no", and "bye-bye"
  - Repeats syllables ("da-da" and "ba-ba")
  - Fears strangers
  - Waves, claps, and copies others
  - Enjoys social games such as peek-a-boo
- Because your child is moving around more and is exploring, you need to start setting limits
  - Distracting your child and removing objects she shouldn't touch are good tools at this age
  - Show and tell your baby in simple words what you want her to do
  - Say "no" to dangerous acts such as reaching up to the stove, or acts such as hitting or biting
  - Be consistent; make sure that all caregivers follow the same set of rules as much as possible
  - Never spank your child
- Crying when you leave is normal; stay calm
- Talk, sing, and read daily

## Sleep

- Make the hour before bedtime loving and calm
- Night feedings have usually ended by this age
- Encourage self-soothing at night by not responding right away to your baby's fussing



## Immunizations

- Hepatitis B (if needed)

## Possible Side Effects

- Fever
- More irritability of fussiness
- Discomfort, redness, or swelling at the site of the shot

If needed, you can give your baby acetaminophen (Tylenol) or ibuprofen (Advil/Motrin).

Contact your doctor if symptoms are severe or last longer than 48 hours.

## Safety

- Avoid foods that may cause your child to choke (food that are round, small, and hard, such as peanuts, popcorn, raw carrots, whole grapes, and hot dogs cut into pieces)
- Fall as more common as children learn to walk. Install gates and window guards. Remove furniture with sharp edges and corners
- Remove hazardous items such as pins, coins, medications, and plants from your child's reach
- The kitchen is a dangerous room. Keep knives out of reach. Cook on the back burners of your stove to reduce the risk of burns
- Cover outlets, secure electrical cords, and make sure blind cords are out of reach
- Watch your child at all times when she is near pools, hot tubs, toilets, and buckets. Children can drown in as little as 2 inches of water
- Before your child begins to stand, lower the crib mattress to the lowest position
- Until at least 2 years of age, place your baby in a car seat that faces backwards in the back seat. You may need to change to a convertible car seat.
- Make sure that the smoke and carbon monoxide detectors in your home are working
- If you are worried about violence in your home, please speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or [ndvh.org](http://ndvh.org)

### TYLENOL DOSE (ACETAMINOPHEN)

#### Infants & Childrens

18-23 lbs 3.75mL

24-29 lbs 5mL

### MOTRIN/ADVIL DOSE (IBUPROFEN)

#### Infants (50mg/1.25mL)

17-21 lbs 1.88mL

22.27 lbs 2.5mL

#### Childrens (100mg/5mL)

17-21 lbs 3.75mL

22-27 lbs 5mL

## Feeding Your Baby

Most children can now have 3 meals a day with 2-3 snacks in between, although meals may be small. Allow your child to feed herself. Have your child sit at the table with the rest of the family at mealtimes.

- Be patient with your baby as she learns to eat without help
- Being messy is normal
- Vary the thickness and lumpiness of your baby's food
- Start giving more table foods
- Give only healthful foods
- Do not give your baby soft drinks, tea, coffee, or flavored drinks
- Avoid forcing the baby to eat
- Babies may say no to a food 10-12 times before they will try it
- Help your baby to use a sippy cup; plan to wean her from the bottle over the next 3-6 months
- Continue to breastfeed or give formula until 1 year; do not change to cow's milk
- Do not give your child honey until she is at least 12 months old
- If not already given, offer age-appropriate nut products, fish, and eggs

### POISON CONTROL

1-800-222-1222

### CHILD SAFETY SEAT INSPECTION

[seatcheck.org](http://seatcheck.org)

### NEXT VISIT

One year of age

### FOCUS ON FAMILY

- Separation anxiety may start at this time. Know that this is a normal stage many children go through and your child will be fine after you leave. Try not to sneak out of the house without your child seeing you - this can make your child more anxious and clingy
- Try to find time for you and your partner to be alone. Taking care of yourselves will allow you to take better care of your family
- Postpartum depression can happen anytime during the first year. If moms feel sad, anxious, or depressed, they should seek help and talk with their doctor