

# 9 Month Well Child Check

## Development

Repetitive consonants & vowel sounds

Starts to point out objects

Stranger anxiety

Seeks parent for play & comfort

Learns games such as “peek a boo” & “so big”

Looks at books and explores environment, with hands and eyes.

Begins to pull to stand

Crawls and sits without support

At this age, your baby is capable of learning or remembering “rules”



It is important to remember that each child is unique. Certain attitudes, behaviors and physical milestones tend to occur at certain ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. If you have any questions about your child's pattern of development please feel free to ask us!

## **RENAISSANCE PROVIDERS**

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- Limit “No” to the most important issues
- Use distraction and replace a forbidden object with an appropriate toy
- Discuss with your partner, family members, and child care providers what behaviors are or are not allowed to provide consistent discipline
  - Take time for yourself & spend alone time with friends & family
- Choose babysitters or caregivers who are mature, trained, responsible and recommended by someone you trust

## Safety

- Lower your baby's crib mattress to the lowest level and remove bumper pads that can be used as steps
  - Provide your baby with opportunities to safely explore his/her environment
- Do not leave heavy objects or containers of hot liquids on tables with tablecloths
- Turn handles of pans or dishes inward on stove/table and out of reach
  - Keep electrical cords out of reach
  - Use gates at top and bottom of stairs and install window guards
- Always be within an arm's reach when your toddler is near water (even a few inches of water)
  - Do not allow young brothers or sisters to watch over your toddler
    - Make sure all smoke detectors are working
  - Continue to place your baby in a car safety seat rear facing in the backseat until age 2
  - If it is necessary to keep a firearm in the home, store the firearm unloaded and locked with the ammunition locked in a separate location

## Nutrition

- Providing 3 meals and 2-3 snacks should provide your infant with adequate nutrition, avoid peanuts/tree nuts until after 1 year
- Expose your baby to different textures (pureed, blended, mashed, finely chopped, and soft lumps)
  - Introduce your baby to drinking from a cup, limit juice to 4oz./day
- It may take 10-15 experiences before a new food is accepted by your baby
- Babies may have eggs & fish after 4-6 months, no evidence exists that links these healthy foods to an increased risk of allergies

## 9 Month Well Child Check Cont.



### Parents Points of Interest

#### Sleep Schedule

*Maintain a routine sleep schedule. This will promote good sleeping habits for your baby.*

#### Entertainment

*Children under 2 years should not watch TV, DVDs, videos, or use computer products.*

#### Poison Control Center

*Keep household products locked up and out of your baby's sight and reach.*

*Call Poison Control Center 1-800-222-1222 immediately if your baby eats something that may be poisonous.*

#### Breastfeeding Babies

*Even if only partially breastfeed, all nursing babies should receive vitamin supplements containing 400 IU of vitamin D.*