

Health and Wellness: 9 Months

Development

At this age, your baby may:

- sit well
- crawl or creep (your baby may never crawl)
- pull self up to stand
- use his or her fingers to feed
- imitate sounds and babble (dada, mama, bababa)
- respond when his or her name or a familiar object is called
- understand a few words such as “no-no” or “bye”
- start to understand that an object hidden by a cloth is still there (object permanence).

Feeding Tips

- Your baby’s appetite will decrease. He or she will also drink less milk.
- Have your baby start to use a sippy cup instead and start weaning him or her off the bottle.
- Let your child explore finger foods. It’s OK if he or she gets messy.
- You can give your baby table foods as long as the foods are soft or cut into small pieces. Do not give your baby junk food.

Sleep

- Your baby should be able to sleep through the night. If your baby wakes up during the night, he or she should go back asleep without your help.
- Start a nighttime routine: bath, brushing teeth and reading. Be sure to stick with this routine each night.
- Give your baby the same safe toy or blanket for comfort.
- If you put your baby to sleep with a pacifier, take the pacifier out after your baby falls asleep.
- You should not take your baby out of the crib if he or she wakes up during the night. Teething discomfort may cause problems with your baby’s sleep and appetite.

Your baby’s growth:

Weight:

_____ lbs. _____ oz. (_____ percent)

Length:

_____ in. (_____ percent)

Head circumference:

_____ cm / in.

Safety

- Make sure your baby always rides in a car seat that is secured in the back seat, facing the rear window.
- Put gates on all stairways.
- Never put hot liquids near table or countertop edges. Keep your child away from a hot stove, oven and furnace.
- Turn your hot water heater to less than 120 degrees Fahrenheit.
- If your baby gets a burn, run the affected body part under cold water and call the clinic right away.
- Never leave your child alone in the bathtub or near water. A child can drown in as little as 1 inch of water.
- Do not let your baby get small objects such as toys, nuts, coins, hot dog pieces, peanuts, popcorn, raisins or grapes. These items may cause choking.
- Keep all medicines, cleaning supplies and poisons out of your baby’s reach.
- Call the poison control center or your health care provider for directions in case your baby swallows poison.

What Your Baby Needs

- Your baby will become more independent. Let your baby explore.
- Play with your baby. He or she will imitate your actions and sounds. This is how your baby learns.
- You can use discipline to control negative behaviors and encourage positive ones. Be sure to set limits and teach your child appropriately so he or she will learn to get along with others. Your child may feel more secure with limits and will know what you expect. Be consistent with your limits and discipline, even if this makes your baby unhappy at the moment.
- Practice saying “no” only when your baby is in danger. At other times, offer a different choice or another toy for your baby.
- Never use physical punishment.

Dental Care

Make regular dental appointments for cleanings and checkups starting when your child’s first tooth appears. (Your child may need fluoride tablets if you have well water.)

Lab Tests

- Hemoglobin and lead levels may be checked.

Your Baby’s Next Well Checkup

Your baby’s next well checkup will be at 12 months.

Your child may need shots for:

- Hep A (hepatitis A vaccine)
- PCV13: pneumococcal 13-valent conjugate vaccine
- influenza.

Talk with your health care provider for information on giving acetaminophen (Tylenol®) before your child’s next immunizations.