

NINE MONTHS

At nine months, your baby may:

- Get up on their hands and knees.
- Crawl or move by scooting on their belly.
- Be attached to a special blanket or toy.
- Move a toy from hand to hand.
- Be afraid when away from you, and reacts to strangers.
- Drop or bang toys to see what happens.
- Put everything in their mouth.
- Look at picture books.
- Pull to a standing position.
- Wave bye-bye.
- Sits alone.
- Imitates sounds.
- Eats finger foods and uses a cup.



Things to do together:

- Roll a ball to your baby.
- Sing and dance with your baby to all kinds of music.
- Look through a magazine or picture book, pointing at and naming the objects you see. Your baby will enjoy looking at colorful pictures and learning new words.
- Let your child play with small pots and pans, strainers, spoons, and plastic measuring cups.
- Play “pouring and dumping” games. Your child may like emptying a box or a bucket.

What you can do:

- Name the things your baby squeals for – say “crackers” as you hand them to him/her.
- Allow your baby to feed themselves with their fingers.
- Keep daily routines simple.
- Let your baby give you a toy.
- Provide lots of safe space for exploring.
- Get together with other parents and children.
- Take older children someplace special.
- Go to a parenting class.

Anticipatory Guidance (Do’s and Don’ts):

- Do use protective clothing and sunscreen when going outside.
- Continue fluoride supplement if water not fluoridated.
- Wipe teeth with cloth and water or infant non-fluoridated toothpaste daily.
- Avoid bottle in bed.
- Avoid choking foods such as peanuts, hotdogs, popcorn, raw carrot sticks, celery sticks, raw apples, grapes, raisins.
- Prevent falls – gates at stairwells, safety devices on windows and screens.
- Do not leave baby unattended in or near tub, pools, spa.
- Keep sharp objects (knives, scissors) and other hazardous items (coins, beads, medicines, cleaning solutions) in a secure place.
- Cover electrical outlets and keep child from playing with electrical or dangling cords.
- Car seat facing rear until 1 year of age AND 20 pounds.
- Encourage vocalizations and communication.
- Play social games such as peek-a-boo and pat-a-cake.
- Follow a regular bedtime routine. May experience night awakening. May use a favorite toy or blanket.
- May show separation anxiety.

Feeding:

- Avoid Honey until 1 year of age.
- **Breast Milk:** On demand
- **Iron Fortified Formula:** 16-32 oz divided into 3-4 feedings
- **Cereals/Breads:** Infant cereal, cream of wheat, or other plain hot cereals, toast, bagel crackers. 2-3 servings per day (4-6 tablespoons per day).
- **Fruit:** peeled, soft fruit wedges, bananas, peaches, pears, oranges, apples. 1-2 servings per day (2-4 tablespoons per day).
- **Vegetable:** cooked and mashed fresh or frozen vegetables. 1-2 servings per day (2-4 tablespoons per day).
- **Protein Foods:** lean meat, chicken, or fish (strained, chopped, or small tender pieces), egg yolk, yogurt, mild cheese, cooked dried beans. 2 servings per day (4 tablespoons per day).
- **Fruit Juice:** all 100% juices, from a cup, 4-6 oz per day

At the next visit, your child should receive the following vaccines:

- 1) **MMR:** provides protection against Measles, Mumps, and Rubella. Unvaccinated people can get:
 - Measles from contact with an infected person. It can cause fever, cough, and rash. It can lead to encephalitis, pneumonia, tracheobronchitis, and ear infections.
 - Mumps from contact with infected people. It can cause fever and parotitis (inflammation of the parotid gland in the cheek). It can lead to deafness, meningitis, or inflammation of the testes/ovaries that can cause infertility.
 - Rubella from contact with infected people. It can cause fever, rash, arthritis, and bleeding problems. Unvaccinated pregnant women who acquire rubella during pregnancy are at higher risk of miscarriages, or passing the infection to their developing baby which can cause congenital rubella syndrome (hearing loss, developmental delay, growth retardation, heart and eye defects).
- 2) **Varicella:** provides protection against Varicella. Unvaccinated people can get:
 - Varicella from contact with infected people. It causes chicken pox. It can lead to pneumonia, skin infections, encephalitis, and hepatitis.
- 3) **Hepatitis A:** provides protection against Hepatitis A. Unvaccinated people can get:
 - Hepatitis A from contact with infected people. It can cause fever, abdominal pain, nausea, vomiting, and jaundice. It can lead to liver failure and death.

Next Visit: in 3 months (age 12 months)

