

9 Month Visit

Name_____

Today's Date_____

Weight_____

Length_____

Head Circumference_____

%_____

%_____

%_____

FEEDING:

- Encourage your infant to start drinking from a cup; try to wean your baby from the bottle by 12-15 months.
- Your baby does not need any juice. If you choose to offer juice, only give it from a cup, limit it to less than 4 ounces per day, and consider diluting it with water.
- Wait until your baby is 12 months of age to change to whole milk. You may start introducing small amounts of dairy products such as yogurt and soft mild cheeses.
- Offer your baby soft table foods, "stage 3" foods, and "finger foods" such as cereals, toast, well-cooked pasta, small pieces of banana.
- Avoid foods that your baby could choke on (nuts, hard candies, popcorn, grapes, raisins, hotdogs, large pieces of raw vegetables or fruit, chewing gum).
- Avoid foods that may cause allergies: citrus fruits, berries, chocolate, egg

whites, and peanut butter (and other nut products).

- Do not give your baby honey until 12 months of age because of the risk of infant botulism.

SLEEP:

- Most infants sleep through the night and take 2 naps during the day at this age.
- Establish a bedtime routine. Continue to put your baby to bed awake.
- If your baby is still waking in the night, resist feeding or playing with him or her. Discuss ways to help your baby sleep through the night with your health care provider.

TYPICAL DEVELOPMENTAL MILESTONES:

- Sits well without support, crawls, may walk holding onto furniture (cruising).
- Picks up small objects with thumb and index finger (pincer grasp), feeds self, bangs objects together.

- Communicates with babbling, responds to own name, understands a few words, imitates vocalizations.
- Enjoys social games such as peek-a-boo and patty-cake; may be fearful of strangers.

BEHAVIOR:

- Your infants increased mobility and competence is exciting but can be challenging. Discipline at this age is often successful with simple distraction and diversion.
- Many infants at this age develop "separation anxiety" and cry when their parents leave. Short separations are helpful in teaching infants that when parents go away, they will also come back.

SAFETY:

- With your infant's increased mobility, ensure he or she is in a safe environment: lock cabinets which contain household cleaners and medications, cover electrical outlets, place gates at stairways, use toilet latches, and install safety devices on windows and screens.
- As your infant pulls up to stand, ensure he or she cannot reach dangerous objects and pull them down.
- Do not use an infant walker; serious injuries have occurred with these.
- If your infant is outdoors, apply sunscreen with a minimum SPF of 15 and PABA-free.

- Keep the Illinois Poison Control Center phone number readily available (1-800-222-1222).

FURTHER READING:

Caring for Your Baby and Young Child. Birth to Age 5 (AAP) or Your Child's Health (Barton Schmitt)
The Nursing Mother's Companion (Huggins)
What to Expect The First Year (Eisenberg et. al)

DOSING OF ACETAMINOPHEN INFANT DROPS (80mg/0.8mL):

12-17 pounds = 0.8mL (1 dropper)
 18-23 pounds = 1.2mL (1½ dropper)

TODAY'S IMMUNIZATIONS:

- Hepatitis B#3
- Influenza if fall/winter season (and not given previously)

WHAT'S NEXT?

- Next Check-Up is at 12 months.
- Your baby will receive a physical exam, the MMR, Chicken Pox and Prevnar vaccines, and may have a blood test to check for anemia and lead exposure. The influenza vaccine will also be given if it is fall/winter season (and not done previously).

SPECIAL INSTRUCTIONS:
