

## 9 MONTH OLD WELL CHILD VISIT

### What do 9 month olds do?

- You're probably enjoying games of "peek-a-boo" and "patty-cake." Keep playing!
- Is she crawling yet? Babies this age are often very curious about their environment and will begin to explore. Take a trip through your home on your hands and knees and remove any dangerous objects.
- She will start to pull up and stand. She's getting better at picking up smaller objects with her thumb and finger. She will hold onto a toy when you pull on it and will begin to point out objects to you.
- Your child will be very attached to you by this time. She may cry when you walk away or if she sees unfamiliar faces ("stranger anxiety"). Be patient with this, it can last a few months.
- Babies this age will look for their parents for comfort and play. Keep singing songs, reading books or playing with your child during typical daily routines, like bedtime, naptime, baths, diaper changes. Talk to her about anything that comes to mind. Avoid TV and videos.
- Your baby is going to have more and more mobility. With this increased independence, she is more likely to get into trouble. Keep your instructions to her simple. Remember, she doesn't understand why she shouldn't do certain things. Focus on keeping her safe rather than keeping things orderly. Remove tempting things from her reach. Don't shake or hit her and try not to scream at her. Set an example for her and praise her when she is showing good behavior.

## Things to Know about Caring for 9 Month Olds

### Feeding:

- 9 month olds are starting to take more calories from food rather than milk, but most still usually drink 24-30 ounces of breastmilk or formula per day. Many 9 month olds eat 3 meals a day (bottle and solids) with snacks between meals.
- Start letting him drink from a cup instead of a bottle. We'd like him to be weaned from his bottle around 1 year of age.
- Don't give cow's milk until 1 year of age. Avoid soda, tea and Kool-Aid. He can have juice but mix it with water and limit it to less than 4 oz. per day.
- Encourage self-feeding by giving your baby "finger foods" such as crunchy toast, well-cooked pasta, small pieces of chicken, cereals and pieces of banana. Avoid large pieces and hard foods like raw carrots, uncut grapes, popcorn, or candies. Give foods of different textures, including pureed, blended and mashed foods.
- Save things with nuts, fish, shellfish, and egg until after his first birthday.

### Sleeping:

- Place your baby in her crib when she is still drowsy; she should be able to put herself to sleep.
- If she wakes up at night and you go to check on her, keep the visit short and let her to fall back to sleep. As long as she is gaining weight, she does not need to eat in the middle of the night.
- Routines become very important at this age, and sleeping patterns can be disturbed by vacations, late night events, illness, teething and visitors. Avoid disruptions to the bedtime routine as much as possible. Use the pre-bedtime hour as a relaxing time with baths, reading, and cuddling. This is your chance to have some nurturing and affectionate time with your child.

**Teeth:** Teething continues typically for the first 2 years. Gentle rubbing on the gums or cold, firm teething rings may help reduce discomfort. Clean your baby's teeth twice a day with a soft brush and water. He does not need toothpaste with fluoride until he is 2 years old.