

YOUR 9 MONTH OLD INFANT

GROWTH AND DEVELOPMENT – MILESTONES:

BY 9 MONTHS OF AGE IT IS COMMON FOR YOUR BABY TO:

- Say “mama” and “dada”, not specific to parents.
- Understand “no”
- Sit without support
- Pull to stand
- Walk along furniture (“cruising”)
- Start to use thumb and forefinger to grasp objects (pincer grasp)
- Wave bye-bye
- Enjoy playing peek-a-boo
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There’s a wide range of what is normal and children develop at different rates. Talk to your Provider if you’re concerned about your child’s development.

NUTRITION: Your baby should be eating a variety of baby food, in addition to regular feedings of breast milk or formula. Your baby can probably drink from a cup and may try to self-feed with his or her fingers.

SLEEPING: The daily sleep average is now 14 hours. Your baby is probably still taking 2 naps a day—1 in the morning and another sometime after lunch, but every baby is different. **Waking at night** is common at this age.

WHAT TO LOOK FORWARD TO:

Here are some things to keep in mind until your next routine visit at 12 months.

1. Breastfed infants weaned before 12 months should be given *iron-fortified formula*. **Wait** until 12 months to switch from formula to **cow’s milk** and introduce whole eggs, citrus, or honey.
2. Wait until 2 years to introduce seafood, peanuts, or tree nuts (longer if there are allergies in your family).
3. If you give juice, limit it to no more than 4 oz. (120ml) a day. Always give in a cup and provide **100% juice**.
4. Introduce **new single foods**, including meats, and combinations of foods previously given.
5. Pull the highchair up to the table during meals. Your baby will start to show interest in **table foods**.

6. Give your child **soft finger foods**. Avoid **choking** hazards, including: raw vegetables, hard fruits, chunks of meat, hard cheese, whole grapes, cherry tomatoes, (okay to peel and cut in quarters), raisins, popcorn, pretzels, nuts, hotdogs, or kiddie sausages (okay to peel and cut in very small pieces).
7. **Separation anxiety** often starts around 9 months. Keep goodbyes short but loving. Your baby may be upset at first, but will calm down soon after you are gone.
8. If your baby **wakes up** at night and doesn't settle back down, offer reassurance that you're there, but try not to pick up, play with, or feed your baby.
9. Keep your baby in a **rear-facing car seat in the back seat** until he or she is at least **20 lbs.** (9 kg.) **AND 1 year old**.
10. Be extra vigilant about **childproofing**:
 - a. Use safety gates and install outlet covers.
 - b. Tie up drapes, blinds, and cords.
 - c. Keep choking hazards, medicines, toxic substances, and hot or sharp items, **locked up and out of reach**.
 - d. Keep emergency numbers, including **poison control**, near the phone.
 - e. To **prevent drowning**, close bathroom doors, keep toilet seats down, and *always* supervise around water (including baths).

WHAT TO EXPECT AT YOUR INFANT'S NEXT CHECK UP:

1. Check your baby's weight and length and plot on growth chart.
2. Perform physical examination.
3. Update immunizations (if needed).
4. Address concerns and offer advice.

QUESTIONS FOR YOUR INFANT'S PROVIDER:
