

# 9 Month Check-Up

LEARNING BY DOING

Name \_\_\_\_\_

Weight \_\_\_\_\_ lbs. \_\_\_\_\_ oz.

Age \_\_\_\_\_

Length \_\_\_\_\_

Date \_\_\_\_\_

Head Size \_\_\_\_\_

## DIET

Remember that an infant will continue to breast-feed or typically drink around 24 ounces of formula per day. Try using a cup at mealtimes now. Clean your baby's teeth with a cloth or soft toothbrush. Toothpaste is not recommended at this time.

Use junior or soft and coarsely mashed table foods. Transition to table foods can be slow. Avoid salty and "junk" foods.

As your baby becomes more active, his interest in food may decrease. Feeding time becomes more of an adventure. Your baby will enjoy handling food on his own. This can be quite messy but is an important part of learning to eat.

Avoid any foods that cannot be chewed easily such as raw vegetables, popcorn, peanuts, raw apples or candy. These can cause choking. Remember to avoid honey until after one year of age.

## DEVELOPMENT

Your baby will love to bang things together to make sounds. She may start to say "mama" and "dada." She will crave attention. Your baby will enjoy looking at picture books.

She will begin to pull herself up to stand. She will learn how to steady herself. If she is barefoot, her toes can grip the ground and help her learn to balance. Once she is walking, soft flexible shoes are ideal. Expensive shoes are not needed.

At this point, a bedtime routine is important. Sleep disturbances are common because at this age she will go through periods of light and deep sleep at about 90-120 minute intervals. The first step in establishing good sleep patterns requires that you put your infant in bed while she is still awake and allow her to learn to settle herself without you being present. If this is new, expect some fussing. If she awakens, allow some time to see if she can settle herself back to sleep without you. Avoid night feedings, as this will train her to continue to wake at night.

Discipline at this age is directed only towards promoting safety. Remove your child from the danger and give a firm "no." Learning is a repetitive process, so don't expect too much at first.

Stranger anxiety is common at this age. Allow extra time for transitions and offer a security object.

**SAFETY/ACCIDENT PREVENTION**

(Please see previous well-check prevention also.)

- While current laws require backward facing car seats positioned in the back seat until the child is 20 lbs and one year old, crash studies support newer recommendations to continue the backward facing position in the back-seat until the baby is as close to two years of age as possible.
- Never leave baby alone in bathtub.
- Put crib mattress in lowest position.
- Do not leave heavy objects or containers with hot liquids on tables with tablecloths that your baby may pull down.
- Be on the lookout at all times for small objects that your baby may put in mouth.
- Secure stairs if you have them as they are a fascination for babies.
- Lead exposure can be a problem in older homes built before 1960, when household members may have lead on their clothes from their job or when lead is used in hobbies.

**IMMUNIZATIONS**

Your child received the following:

Pediarix (DTaP, IPV, HBV)	Given/Not given
DTaP	Given/Not given
IPV	Given/Not given
HIB	Given/Not given
HBV	Given/Not given
Influenza	Given/Not given

Other immunizations given today:

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Next health care visit is when your baby is \_\_\_\_\_ year old.

**COMMENTS**

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