

AGE: 9 MONTHS

Date _____

GROWTH:

Weight:	lbs	oz	(%)
Height:	inches		(%)
Head Circumference:	inches		(%)

IMMUNIZATIONS:

Hep B	Hepatitis B
IPV	Injectable Polio (Inactive)

FEEDINGS:

Your baby should be enjoying solid foods now. If you are still feeding puréed foods, now is the time to convert to all real people food. By waiting to switch, you may have a harder time with different textured food later. All solids except honey and whole round foods (whole grapes, whole nuts, etc.) are acceptable. Some babies will get most of their calories from their solids, some from formula/breast milk. Either is fine as long as growth is progressing. Your baby should remain on breast milk/formula until one year of age. Adding a sippy cup with water will provide a good start to get off the bottle at one year (earlier is fine). Avoid drinking cow's milk until one year of age and then switch to whole milk. Cheese and yogurt are fine. Juice is not recommended.

DEVELOPMENT:

At this age your baby may be sitting alone, crawling, or pulling to a stand. A few babies at this age can walk. Grabbing small objects should progress from using a whole hand to using only the first finger and thumb. Your baby is probably putting everything in their mouth. Most babies will get "stranger anxiety" between 9-12 months of age and may suddenly refuse to go to anyone besides their own parents. This is a normal stage and will pass.

PLAY AND LEARN:

Now is the time babies learn to play alone. This is a necessary and important part of development and should be encouraged. Try to avoid television, no matter how "educational" it is supposed to be. Watching TV allows children to receive information passively and they then turn their thinking off. Let them have more active play with balls, blocks, and push toys. Babies love to take things out of containers. Other favorites are books with baby faces, singing games, and rhymes. Most importantly, talk to your baby in normal adult tone. This is how they will learn to talk.

SAFETY:

1. **Car seat-** Keep your baby facing the rear of the car in the back seat until they are 2 years old. If your baby has outgrown their infant car seat, switch to a rear facing convertible car seat (these can be flipped to a forward facing position when your baby turns 2 years old).
2. **Water safety-** Watch your baby around water at all times. Make sure they do not have access to any water by keeping bathroom doors closed, removing mop buckets after use, and draining the bathtub immediately after use. Place a pool fence around your pool.
3. **Poisons-** Keep medications and cleaners up, out of reach, and locked. Never place poisonous items within a food container, such as bleach in a soda bottle.
4. **Pet safety-** Watch your baby around animals at all times.
5. **Home-** Continue to baby proof your home (review the six-month handout).
6. **Walkers-** Avoid the use of walkers. There are thousands of baby's in the U.S., who suffer from walker related injuries each year.

WHAT'S NEXT?

Your baby's next well check and immunizations are at 12 months of age.