

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 mos.
- 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 oz per day and dilute it with water.
- Offer your baby soft table foods, "stage 3" foods and "finger foods" such as cereals, toast, well-cooked pasta and 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, gum).
- Refer to our "Introducing Solid Foods" handout as to what foods are appropriate for your baby.

SLEEP:

- Most infants sleep through the night and take 2 naps per 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/her. Discuss strategies for sleep training with your pediatrician.

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.
- Babbles, responds to own name, understands a few words, and enjoys social games (peek-a-boo, pat-a-cake).

BEHAVIOR:

- Your infant's increased mobility and competence is exciting but can be challenging. Discipline at this age is often successful with simple distraction and diversion.
- May start to show signs of "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:

- Continue to use a rear-facing car-seat in the back seat of the car.
- Never leave your baby unattended on a high surface or near water.
- As your infant pulls up to stand, ensure he or she cannot reach dangerous objects and pull them down. Do not put heavy objects on top of wobbly furniture. Lower the crib mattress to avoid your baby from falling out of the crib.
- Make sure you have a working smoke detector and carbon monoxide detector.
- Do not use an infant walker as they have been linked to serious injuries and slower development of walking.
- If outdoors, apply sunscreen frequently with a minimum of SPF 30 and PABA-free.
- With your infant's increased mobility, ensure he or she is in a safe environment: lock cabinets which contain cleaning products and medications, cover electrical outlets, place gates at stairways/steps, use toilet latches, remove any cords or small objects from your infant's reach (e.g., buttons, pins, coins, etc.) and install safety devices on windows and screens.
- Keep the Poison Control Center phone number readily available: 1-800-222-1222 or (212)-POISONS (764-7667).

INFECTIONS:

- Expect about 6 upper respiratory infections or "colds" a year. These

are caused by viruses and most will not need antibiotics. Unnecessary antibiotics may be harmful to your baby and the community.

DOSING:

Acetaminophen (160mg/5mL):

- 12-17 pounds = 2.5mL
- 18-23 pounds = 3.75mL

Ibuprofen Infant Drops (50mg/1.25mL):

- 12-17 pounds = 1.25mL (2/3 syringe)
- 18-23 pounds = 1.875mL (1 syringe)

TODAY'S VISIT:

- Hep B if hasn't received dose #3 yet
- Influenza (if it is within the time of flu season)
- (Any vaccination your child is behind on.)
- Hemoglobin and lead level

(Your baby may experience some discomfort, redness or a small lump at the site of the injection. He/she may also develop a fever anytime within a couple days after the shots which can be alleviated with Acetaminophen.)

WHAT'S NEXT?

- Next check-up is at 12 months where your baby will receive an exam, blood tests to check for anemia and lead levels (if not done today), the MMR, Chicken Pox and Hepatitis A vaccines, and the influenza vaccine if it is flu season and wasn't given yet (which will need a booster in 1 month).
- Schedule a vision exam if not done yet.