



**Southeastern
Pediatric**
ASSOCIATES, P.A.

9 Month Well Visit



At this visit, your doctor will...

- Check baby's weight, length and head circumference
- Do a physical exam with your baby undressed while you are present
- Discuss baby's development
- Address any concerns/questions you may have
- Immunizations: No vaccines at this check up unless there is a need to catch up

Feeding

- Be patient with baby as he/she learns to eat without help; Being messy is normal.
- Give 3 meals and 2-3 snacks each day.
- Start giving more table food; Avoid raw honey and chunks that could cause choking.
- Vary the thickness and lumpiness of baby's food.
- Do not give baby soft drinks, tea, coffee and flavored drinks.
- Avoid forcing baby to eat; Babies may say no to a food 10-12 times before trying it.
- Help baby to use a cup.
- Let your doctor know if baby has had any reactions (such as throwing up, diarrhea, or a rash) to a new food.

Sleeping

- The average amount of daily sleep is about 12 to 16 hours.

Tips

- Call on others for help
- Encourage your partner to care for baby
- Spend time socially with your partner, family and friends. Consider forming a parent group.
- Choose a mature, responsible caregiver or babysitter
- Talk with us about your child care choices

- Your baby is probably still taking two naps a day — one in the morning and another sometime after lunch — but every baby is different. Waking at night is common at this age.
- Check on, but do not pick up baby if he/she wakes at night.
- Continue to put baby to sleep on his/her back in a crib that meets current safety standards (www.cpsc.gov) with a firm mattress without any bumpers, blankets, quilts, pillows, or plush toys. Crib should not have a drop-side rail, and slats should be no more than 2 3/8 inches apart.
- If you haven't lowered baby's mattress all the way, make sure you do so now.

Routine Baby Care

- Keep Daily routines for baby; Continue feeding, sleeping, bathing and playing routines.
- Make the hour before bedtime loving and calming.
- Watch over baby as he/she explores inside and outside of the home.
- Avoid yelling or scaring baby.

Healthy Teeth

- You may notice more teeth beginning to erupt in baby's mouth. If your baby has pain, use a cold teething ring. Talk to your doctor before giving acetaminophen for pain.
- Continue to clean baby's gums and teeth as soon as you see the first tooth. Use a soft cloth or toothbrush with a small smear (size of a grain of rice) of fluoride toothpaste.

Sources: healthychildren.org, kidshealth.org, American Academy of Pediatrics: Bright Futures



- Do not give a bottle in bed or prop the bottle.
- Have regular times for baby to eat. Do not let him/her eat all day.

Development

- Separation anxiety is common around 9 months, and baby may cry when you leave. Stay calm, and keep goodbyes short and loving.
- Talk, sing and read with your baby daily.
- Show and tell baby in simple words what you want him/her to do.
- Play interactive games such as peekaboo and patty cake. Name baby's features as you touch them (Ex. hand, nose, ears, mouth, etc).
- Give baby balls, toys that roll, blocks and containers to play with.
- Limit screen time for your baby (TV, videos, computers, phones).
- Help baby when he/she needs it.

By 9 months*, it's common for many babies to:

- say "mama" and "dada"
- 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

*All babies develop at different rates, and meet developmental milestones differently. Talk to baby's doctor if you have any concerns.

Medication

- Always follow the advice of your doctor when giving any medication.
- Use our Medication Dosing Chart as a guideline for the appropriate dose of Tylenol (acetaminophen) or Advil/Motrin (ibuprofen) to give baby.

Poison Help: 1-800-222-1222

When to Call

Fever: Rectal temperature above 100.4°
If you suspect that your baby is not acting normal for any reason

Safety

Car Safety

- Always use a car safety seat properly. Place the seat rear-facing in the back seat, and never in the front seat with a passenger airbag. (www.seatcheck.org)
- Never leave baby alone in the car.
- Always wear a seat belt, and do not drive under the influence of alcohol or drugs.

General Safety

- Keep up with childproofing:
 - Place gates on stairs, and close doors to rooms where baby might get hurt.
 - Lock up all cleaning cleaning supplies, medicine, and poisons. Call Poison Help if your baby eats them.
 - To prevent drowning, close bathroom doors, keep toilet seats down, and always supervise around water (including baths).
 - Don't leave hot irons or hair care appliances plugged in.
 - Keep small objects such as balloons, bags, toys from other children away from baby. The kitchen is a dangerous place. Avoid letting baby crawl in kitchen by using a playpen or high chair. Turn pot handles inward on the stove.
- Never feed baby hard pieces of food such as raw carrots, hot dogs, grapes, apples, peanuts, and popcorn.
- Do not use a baby walker as they are more likely to cause accidents .
- Protect your child from gun injuries by not keeping a gun in the home. If you do have a gun, keep it unloaded and locked away. Lock up ammunition separately. Make sure kids cannot access the keys.
- Avoid sun exposure by keeping your baby covered and in the shade when possible. You may use sunscreen (SPF 30 or higher) if shade and clothing don't offer enough protection.

Date:

Weight:

Next Visit: 12 Month Well Visit with Immunizations

For information on 12 Month Well Visit:
www.southeasternpediatrics.com

Sources: healthychildren.org, kidshealth.org, American Academy of Pediatrics: Bright Futures