

PSBH North

Nine Month Exam

Development

- Provide lots of opportunity for physical activity that builds strength of abdominal muscles and upper body. Emphasize tummy time and propped forward sitting if your child is not sitting alone yet.
- Exersaucers are great for brief periods, but your baby will want to be mobile, so offer lots of floor time. No walkers. Limit Johnny-Jump-ups. Watch the stairs. Safety proof the house.
- Pulling up and cruising will begin soon. Check stability of dressers, bookshelves, etc.
- Sensory toys featuring different textures, sounds, colors and patterns are important
- Babies this age are very curious and “grabby”. Keep hazards out of reach at table and on floor.
- Now is the time to install child locks and gates, if not already done. Cover electrical outlets and otherwise childproof.
- Read aloud on a daily basis. Board books are great. Allow your child to look at and grab the pages with you.
- Talk to your baby. Lots of babies will babble and coo at this age. Consider Sign With Your Baby if not already started and you are interested in introducing sign language.
- Continue good sleep routines. Do not rock to sleep or allow your baby to fall asleep with a bottle. Minimize interventions for nighttime waking. Two naps are appropriate. Most infants sleep 10-12 hours at night.

Feeding

- Begin finger foods if not already started. Continue 2nds – different textures and flavors.
- Ok to begin meats, yogurt, cheese. At 10 months begin table foods if not already started. No egg whites, No fish.
- Exclusively breastfed babies or babies living in homes with no fluoride in the water should have fluoride supplementation.
- No honey, shellfish or peanut butter until after 1 year.
- Avoid juice. It is high in sugar and adds empty calories. We prefer milk or water.
- Be aware of choking hazards-no carrots, popcorn, hotdog slices, raisins or other small solids
- Teething may result in fussiness. Tylenol or Motrin is ok to use as needed while teeth erupt. Stools may become mushy and mild. Cold symptoms may accompany teething.

Safety

- Babies are curious-keep medications, matches, and other hazardous products well out of reach. Post poison control number by phones – 1-800-222-1222.
- Be aware of water safety – never leave child unattended in bath or near water.
- Do not leave unattended on bed or anywhere else baby could fall.
- Avoid scald burns; keep hot water heater set at 120 degrees or less.
- Watch baby closely near pets...they may now be mobile and can “chase” the dog. Increased time on the floor and heightened interest in each other’s toys increases the risk of injury.
- Use sunscreen.

Immunizations

Please review the vaccine information provided at the visit and contact our office with any concerns.

Next visit is at 12 months.