



9 Month Questionnaire 9 months 0 days through 9 months 30 days

On the following pages are questions about activities babies may do. Your baby may have already done some of the activities described here, and there may be some your baby has not begun doing yet. For each item, please fill in the circle that indicates whether your baby is doing the activity regularly, sometimes, or not yet.

Important Points to Remember:

- Try each activity with your baby before marking a response.
- Make completing this questionnaire a game that is fun for you and your baby.
- Make sure your baby is rested and fed.
- Please return this questionnaire by _____.



Notes:

COMMUNICATION



	YES	SOMETIMES	NOT YET	
1. Does your baby make sounds like "da," "ga," "ka," and "ba"?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
2. If you copy the sounds your baby makes, does your baby repeat the same sounds back to you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
3. Does your baby make two similar sounds like "ba-ba," "da-da," or "ga-ga"? (The sounds do not need to mean anything.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
4. If you ask your baby to, does he play at least one nursery game even if you don't show her the activity yourself (such as "bye-bye," "Peek-a-boo," "clap your hands," "So Big")?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
5. Does your baby follow one simple command, such as "Come here," "Give it to me," or "Put it back," without your using gestures?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
6. Does your baby say three words, such as "Mama," "Dada," and "Baba"? (A "word" is a sound or sounds your baby says consistently to mean someone or something.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—

COMMUNICATION TOTAL —

GROSS MOTOR






	YES	SOMETIMES	NOT YET	
1. If you hold both hands just to balance your baby, does she support her own weight while standing? 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
2. When sitting on the floor, does your baby sit up straight for several minutes without using his hands for support? 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—

GROSS MOTOR (continued)

	YES	SOMETIMES	NOT YET	
3. When you stand your baby next to furniture or the crib rail, does she hold on without leaning her chest against the furniture for support? 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
4. While holding onto furniture, does your baby bend down and pick up a toy from the floor and then return to a standing position? 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
5. While holding onto furniture, does your baby lower himself with control (without falling or flopping down)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
6. Does your baby walk beside furniture while holding on with only one hand?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—

GROSS MOTOR TOTAL —




FINE MOTOR

	YES	SOMETIMES	NOT YET	
1. Does your baby pick up a small toy with only one hand? 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
2. Does your baby successfully pick up a crumb or Cheerio by using her thumb and all of her fingers in a raking motion? (If she already picks up a crumb or Cheerio, mark "yes" for this item.) 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
3. Does your baby pick up a small toy with the tips of his thumb and fingers? (You should see a space between the toy and his palm.) 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
4. After one or two tries, does your baby pick up a piece of string with her first finger and thumb? (The string may be attached to a toy.) 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
5. Does your baby pick up a crumb or Cheerio with the tips of his thumb and a finger? He may rest his arm or hand on the table while doing it. 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—*
6. Does your baby put a small toy down, without dropping it, and then take her hand off the toy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—

FINE MOTOR TOTAL —


*If Fine Motor Item 5 is marked "yes" or "sometimes," mark Fine Motor Item 2 "yes."

PROBLEM SOLVING

	YES	SOMETIMES	NOT YET	
1. Does your baby pass a toy back and forth from one hand to the other? 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
2. Does your baby pick up two small toys, one in each hand, and hold onto them for about 1 minute? 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
3. When holding a toy in his hand, does your baby bang it against another toy on the table? 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
4. While holding a small toy in each hand, does your baby clap the toys together (like "Pat-a-cake")?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
5. Does your baby poke at or try to get a crumb or Cheerio that is inside a clear bottle (such as a plastic soda-pop bottle or baby bottle)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
6. After watching you hide a small toy under a piece of paper or cloth, does your baby find it? (Be sure the toy is completely hidden.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—

PROBLEM SOLVING TOTAL —

PERSONAL-SOCIAL

	YES	SOMETIMES	NOT YET	
1. While your baby is on her back, does she put her foot in her mouth? 	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
2. Does your baby drink water, juice, or formula from a cup while you hold it?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
3. Does your baby feed himself a cracker or a cookie?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
4. When you hold out your hand and ask for her toy, does your baby offer it to you even if she doesn't let go of it? (If she already lets go of the toy into your hand, mark "yes" for this item.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
5. When you dress your baby, does he push his arm through a sleeve once his arm is started in the hole of the sleeve?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—
6. When you hold out your hand and ask for her toy, does your baby let go of it into your hand?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	—

PERSONAL-SOCIAL TOTAL —

OVERALL

Parents and providers may use the space below for additional comments.

- Does your baby use both hands and both legs equally well? If no, explain: YES NO
- When you help your baby stand, are his feet flat on the surface most of the time? If no, explain: YES NO
- Do you have concerns that your baby is too quiet or does not make sounds like other babies? If yes, explain: YES NO
- Does either parent have a family history of childhood deafness or hearing impairment? If yes, explain: YES NO
- Do you have concerns about your baby's vision? If yes, explain: YES NO
- Has your baby had any medical problems in the last several months? If yes, explain: YES NO



OVERALL (continued)

7. Do you have any concerns about your baby's behavior? If yes, explain:

YES

NO

8. Does anything about your baby worry you? If yes, explain:

YES

NO



The AAP recommends varying amounts of iron based on a child's age:

- Term, healthy infants have sufficient iron for the first 4 months of life. Because human breast milk contains very little iron, breastfed infants should be supplemented with 1 mg/kg per day of oral iron from 4 months of age until iron-rich foods (such as iron-fortified cereals) are introduced.
- Formula-fed infants will receive adequate iron from formula and complementary foods. Whole milk should not be used before 12 months.
- Infants 6 to 12 months of age need 11 mg/day of iron a day. When infants are given complementary foods, red meat and vegetables with high iron content should be introduced early. Liquid iron supplements can be used if iron needs are not met by formula and complementary foods.
- Toddlers 1 to 3 years of age need 7 mg per day of iron. It is best if this comes from foods such as red meats, iron-rich vegetables, and fruits with vitamin C, which enhance iron absorption. Liquid supplements and chewable multivitamins can also be used.
- All preterm infants should have at least 2 mg/kg of iron per day until 12 months of age, which is the amount of iron in iron-fortified formulas. Preterm infants fed human milk should receive an iron supplement of 2 mg/kg per day by 1 month of age; this should be continued until the infant is weaned to iron-fortified formula or begins eating foods that supply the required 2 mg/kg of iron.

Iron in an Everyday Diet

Although iron from meat sources is more easily absorbed by the body than that from plant foods, all of these iron-rich foods can make a difference.

Iron-Rich Foods

Foods that are a good source of iron include:

- Liver
- Lean red meats, including beef, pork, lamb, dark poultry
- Seafood, such as oysters, clams, tuna, salmon, and shrimp, etc.
- Beans, including collard greens, kale, mustard greens, spinach, and turnip greens
- Tofu
- Vegetables, including broccoli, swiss chard, asparagus, parsley, watercress, brussel spouts
- Dried fruits like apricots
- Blackstrap molasses

Here are other ways you can make sure kids get enough iron:

- Limit their milk intake to about 16-24 fluid ounces (473-710 milliliters) a day.
- Avoid serving coffee or tea at mealtimes that reduces iron absorption.
- Continue serving iron-fortified cereal until kids are 18-24 months old.
- Serve iron-rich foods alongside foods containing vitamin C – such as tomatoes, broccoli, oranges, and strawberries – which improves the body's absorption of iron.