

9 Months

Developmental Milestones

Gross Motor

- Gets to sitting position without assistance
- Crawls forward on belly
- Assumes hand and knee position
- Creeps on hands and knees
- Gets from sitting to crawling or prone
- Pulls self up to standing position
- Stands while holding onto furniture
- Beginning to cruise while holding onto furniture

Language

- Responds to simple verbal requests
- Responds to "no"
- Makes simple gestures such as shaking head for no
- Babbles with inflection
- Babbles "dada" and "mama" (not yet specific to daddy and mommy)
- Imitates sounds

Fine Motor-Adaptive

- Uses pincer grasp
- Bangs two cubes together

My Child's Growth

Length: _____ %

Weight: _____ %

Head Circ: _____ %



Personal-Social

- Imitates gestures
- Explores objects in many different ways (shaking, banging, throwing, dropping)
- Beginning to indicate wants with cries and inflection
- Will begin waving bye-bye (10 months)
- Responds to his name
- Begins to play peek-a-boo
- Shy with strangers
- Cries when Mom or Dad leave
- Prefers mother over other caregivers

Anticipatory Guidance

Safety

- ◆ Always place your baby in an appropriate, rear-facing infant/car seat, and make sure the seat is appropriately strapped into the vehicle.
- ◆ Make sure your water heater is set below 120°F to prevent burns.
- ◆ Never leave your baby lying on any surface above ground level without the baby being secured with safety straps or a hand.
- ◆ Always maintain a smoke-free environment around babies.
- ◆ Make sure you have smoke detectors installed, and be sure to check the batteries monthly. Replace batteries at least once a year.
- ◆ Never have hot liquids around your baby. You never know when they might spill.
- ◆ Never use a microwave to heat formula or breastmilk. It can heat unevenly and cause burns.
- ◆ Never give a baby honey or corn syrup of any kind. It can lead to infant botulism.
- ◆ Avoid direct sun exposure. Your baby has very sensitive skin and will burn easily. Sunscreen can be used after six months of age.
- ◆ **Poison Control: 1-800-222-1222**

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Anticipatory Guidance

Infant Care

- ◆ Make sure your home is completely childproofed (See childproofing handout).
- ◆ Never leave a bottle of formula in the crib with your baby. It will lead to tooth decay.
- ◆ Continue encouraging a sippy cup for water and/or formula.
- ◆ Always have a bulb syringe (nasal aspirator) on hand. Use this to clear the nose of congestion, spit-up, etc. Remember, babies require their noses to breathe.
- ◆ Bedtime routines are important at this age.
- ◆ Continue reading stories at this age. Your baby will begin to interact with the pictures.
- ◆ If your baby is strictly breastfed and does not receive any tap water or fluoridated water, he will need fluoride supplements.
- ◆ Once your baby develops teeth, begin brushing or wiping with a cloth daily.
- ◆ Finger foods will become more interesting to your child.
- ◆ Avoid foods which pose a choking hazard: peanuts, whole grapes, popcorn, hot dogs, sausage, and hard candy. Remember to cut food into small pieces that your baby can pick up with two fingers.
- ◆ Always supervise your child when he is feeding.
- ◆ Use distraction as discipline as well as positive reinforcement.



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