

9 Months

Date: ___/___/___

Patient Name: _____ D.O.B.: ___/___/___ Age: _____ Ht: _____ Wt: _____

HC: _____

PREVIOUS Exam: ___/___/___ Ht: _____ Wt: _____

Vitamins: _____ Breast-Formula: _____ Lead Risk Assessment: _____

Foods: _____ Immunizations: _____ Next Appt.: _____

Hemoglobin/Lead Check: _____

Nutrition:

- Use common sense when choosing food for your infant. For example, avoid nuts, hot dogs, grapes and popcorn that may cause choking and can be aspirated.
- Appetite usually decreases over the next 6 months to a year.
- Encourage self-feeding skills by offering your child a cup spoon and finger foods.
- Taking a bottle to bed can contribute to dental decay. Put your baby to bed without a bottle.
- You do not need to add salt or sugar to your baby's food.
- Continue cleaning teeth, no paste.

Accident Prevention:

- Continue to poison proof and accident proof your home.
- Continue to use an approved car safety seat. Indiana State law requires infants to remain rear facing until 12 months of age. The AAP recommends continuing rear facing until 24 months of age or the infant grows out of the height/weight limits of the car seat.
- Poison Control # 800-222-1222
- Be careful of hot liquids on the stove or table top-move them back from the edge and turn pot handles to face the back of the stove.

Sleep:

- Establish a bedtime routine and relatively constant bedtime.
- Your baby may experience some night wakening. Use a transitional object, such as a favorite blanket, toy or doll, to help soothe her back to sleep. For more information on sleep issues see pages 21-22 or our newborn booklet.

Development-Most babies at this age:

- Sit alone.
- Pull to stand.
- Creep on their hands and knees.
- Begin to use a pincer grasp with their thumb and index finger.
- Uncover toys hidden by a cloth.
- Imitate sounds.
- Say "dada" or "mama" and may be specific.
- Comprehends "bye-bye" and "so big".
- Initiate clapping.
- Play peek-a-boo.
 - Toys and Activities: Naming body parts, cloth books, stacking toys, blocks and containers that fit inside of each other are good toys for this age. Read to your child.
 - Stranger Anxiety: Your baby may become shy and cling to you when introduced to strangers. This is very normal and will probably get worse before it gets better.

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