

9 Month Well Child Visit

Weight _____ (%)

Length _____ (%)

Head Circumference _____ (%)

What to Expect:

Immunizations: Hepatitis B and IPV, Influenza vaccine in the fall & winter

Screenings/Labs: You will complete a PEDS screening tool to assess any developmental concerns, TB Risk Assessment

Feeding / Nutrition:

Your baby should still be breastfeeding or taking formula, approximately 6-8 oz about 4 times/day or breastfeeding about 4-5 times/day. No cow's milk yet! Start giving them a sippy cup with water at mealtimes to learn how to use a cup.

They should be eating solids three times a day– a breakfast, lunch, and dinner just like you. Have them sit in a highchair at the table and eat with the family. They can eat a larger variety of foods and should be finger feeding soft, small pieces of food- fruits, vegetables, meats, chicken, fish, and avocado. We also suggest yogurt (made with whole milk) and cheese. Continue to avoid honey until 1 year old. Provide healthy foods- no soft drinks, tea, coffee or flavored drinks and keep juice to a minimum.

Development:

- Babies like routines, be consistent, especially at bedtime. Crying when you leave is normal
- Your baby should be making consonant sounds such as mama and dada
- They should be using their thumb and first finger to make a “pincer grasp” and pick up small objects
- Your baby should be sitting alone, pulling to a stand, and starting to crawl and explore
- Play with your baby using balls, blocks, containers, and music, and read to them often

Safety Issues:

- Avoid choking hazards with foods, always stay with your baby when they are eating
- Use a rear facing convertible car seat (5 point restraint) in the back seat of all vehicles
- Always stay with your baby while in water (bathtub, pool), put away your phone and turn off the TV so your baby has your undivided attention when in the water
- Place gates on stairs
- Keep poisons, medications and cleaning supplies up high and locked
- Avoid walkers, they are dangerous and can delay independent walking

Notes: