

## PEDIATRIC ASSOCIATES OF NYC

[pediatricassociatesnyc.com](http://pediatricassociatesnyc.com)

### 9 month visit

Today's measurements: Wt \_\_\_\_\_, Ht \_\_\_\_\_, HC \_\_\_\_\_

#### Vaccine:

- Hepatitis B

#### Development

- Repeats syllables (da-da, ba-ba)
- Waves or claps
- Sits without support
- Pulls to stand
- Crawls or cruises
- Immature pincer grasp
- May show signs of separation anxiety
- Enjoys peek-a-boo
- Beginning to respond to their own name

#### Sleep:

- May wake more due to sleep cycles and separation anxiety
- Maintain sleep routine and allow/encourage child to fall back asleep on their own

#### Safety

- Childproofing is essential!
- Watch for small items that baby may put in his or her mouth
- Baby gates for stairs, cover electric outlets, keep medication and cleaning supplies in locked or high cupboard, window guards
- DO NOT use walkers
- Never leave baby on high surface (changing table, bed, couch...) even for "a second". Nine month olds can move and often fall.
- Block cords attached to heavy objects that can be pulled down

#### Solids:

- Offer 3 meals per day and about 24 oz of breastmilk or formula
- Start finger foods/table foods; the size of a pea or cheerio and easily compressible with gums. Grapes and blueberries should be diced
- Babies and children may need 10-15 offerings of a food before accepting it
- Juice is not necessary or recommended, offer water instead

**Next visit in 3 month (at 1 year old)**