



PEDIATRIC ASSOCIATES OF NYC, P.C.

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9 Month visit

Today's measurements: Height _____ Weight _____, HC _____

Vaccines:

- Hepatitis B, Polio

Development:

- Repeats syllables (da-da, ba-ba)
- Waves or claps
- Sits without support/ gets to sitting position
- Pulls to stand
- Immature pincer grasp/ rakes food towards themselves
- May show signs of separation anxiety or fear of strangers
- Enjoys peek-a-boo/ looks for objects when dropped out of site
- Begins to look when you call their 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, cabinets and dressers should be mounted/ tethered to the wall
- DO NOT use walkers
- Never leave a baby on a 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/smashed
- 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)