

Corinne S. Ertel, MD  
Shelly C. Bernstein, MD  
Joshua Gundersheimer, MD  
Robert Andler, MD  
Colleen Brownell-Krupat, MD

## Weston Pediatric Physicians

486 Boston Post Road, Weston, MA 02493  
(781) 899-4456

[www.westonpediatrics.com](http://www.westonpediatrics.com)

Rosemarie Dieffenbach, MD  
Katherine Bui, MD  
Karen L. McCarte, CPNP  
Karen Ashworth, FNP

### Your Nine Month Old

Length \_\_\_\_\_  
Weight \_\_\_\_\_  
HC \_\_\_\_\_

#### NORMAL DEVELOPMENT

Your baby may:

Show signs of separation and stranger anxiety.

Crawl well and head for the stairs at every opportunity.

Pull to standing and "cruise" along the furniture.

Imitate the behavior of others and look for approval of others.

Wave bye-bye, play peek a boo, uncover a hidden toy.

#### DIET

Fluoride supplementation may be needed if you are breastfeeding and/or your town water or bottled water doesn't have fluoride.

Continue breastmilk (3-4 feedings/day) or formula (16-32 ounces/day).

Your baby will not have teeth to grind food until close to one year, but she will use her gums to "chew" almost all foods.

Finger foods will create a learning experience, as your baby will improve her fine motor skills when her "shovel grasp" of foods becomes a pincer (thumb and first finger) grasp.

**EXPECT A MESS!**

Foods to try include mashed or small pieces of banana, applesauce, canned peaches and pears, cooked cereals, Cheerios, buttered toast, graham crackers, Arrowroot

cookies, mashed potatoes, soft, cooked, diced or mashed vegetables, and pasta.

Other foods to add include macaroni and cheese, dairy products, chopped meats, casseroles, grilled cheese sandwich pieces, soups. Most foods can be adapted for your baby.

Offer formula or breastmilk in a cup. Juice is not necessary.

**AVOID** honey, eggs (including egg-containing products), and fish until after one year. Avoid all nut products, especially peanut, and shellfish until after age two.

Choking hazards such as nuts, hot dog slices, raw carrots, whole grapes, large pieces of oranges, popcorn and raisins should be avoided for the first three years.

#### HYGIENE

Use a washcloth or little toothbrush to clean teeth.

**DO NOT** allow your baby to go to bed with a bottle or nurse all night long. Tooth decay may result from milk that pools around the teeth overnight.

## SAFETY

- ⊕ ALWAYS restrain your baby in an appropriate carseat. At nine months, many babies are too big for the infant carseat and should be moved to the convertible carseat. It should be REAR FACING and in the BACK SEAT. It's the LAW and it can SAVE your baby's life.
- ⊕ Keep ALL children in the back seat to avoid airbag injuries.
- ⊕ Keep water heaters set at 120-130 degrees to prevent scalding.
- ⊕ Lower the crib mattress to the lowest setting so your baby won't fall out when she starts to pull herself up.
- ⊕ Place safety gates at the top and bottom stairs.
- ⊕ We strongly discourage baby walkers because of serious potential injuries.
- ⊕ Keep all small objects out of reach. Also, avoid larger objects your baby may pull down onto herself, including appliances with cords, tablecloths, lamps, and drawers.
- ⊕ Keep plastic safety plugs in outlets and locks on all hazardous cabinets. Keep all hazards out of reach. Do not rely solely on cabinet locks.
- ⊕ STAY with your baby EVERY second she's in the tub. If interrupted while bathing or changing a diaper, place her in a crib or on the floor to keep her safe. A baby can drown in a few inches of water.
- ⊕ Keep your baby away from cigarettes as well as tobacco smoke. Smoke particles can stick to clothing and upholstery in the house and car. Smoke has been linked to asthma, ear infections and possibly SIDS.
- ⊕ Install smoke detectors on every floor and check batteries monthly. Replace batteries every 6 months when we change our clocks.
- ⊕ Keep EMERGENCY numbers including Poison Control (1-800-222-1222) near your telephone at all times.
- ⊕ DO NOT store toxic fluids in soda, juice or milk bottles.
- ⊕ Children under 4 years should not be given a toy with parts smaller than a ping pong ball.

## STIMULATION/PLAY

Talk and sing to your baby as much as possible. This encourages your baby to imitate speech sounds. Hard board books with colorful pictures are interesting (and tasty). POP-UP books and lift the flap books are popular. It's NEVER too early to start reading to your child. Allow your baby to play with pots, pans, and wooden spoons for a "kitchen orchestra". Babies love stacking blocks and pull toys, as well as busy boxes. Boys and girls will continue to love and sleep with soft dolls and animals. Boys and girls enjoy colorful, sturdy cars and trucks. Your baby may start to become attached to a favorite toy or blanket. This can comfort her when she is distressed.

## IMMUNIZATIONS

There are no routine immunizations at this visit.

## LOOKING AHEAD

- ⊕ Your child may start walking.
- ⊕ Your child may say mama or dada and mean you!
- ⊕ Your child will have an increasing understanding of the world around her.
- ⊕ Make sure your baby has good sleep habits!
- ⊕ Your child will drink from a cup.

## SUGGESTED READING:

Child of Mine: Feeding With Love and Good Sense, by Ellyn Satter

## NOTES:

Poison Control Hot Line: 1-800-222-1222

- ⊕ Your next scheduled visit will be at 12 months.

⊕ Immunizations for the next scheduled visit:  
Varivax, Hep A, MMR, Hemoglobin (Hgb),  
Lead Level (Pb)