

Fort Carson Nine Month Well Baby Visit

Development

Between 9 and 12 months you will notice your baby doing the following:

Physical

- *gets to sitting by self by 9-10 months
- *pulls to standing by 9-10 months
- *crawls between 8 and 10 months
- *may walk around furniture, holding on (cruising)
- *may walk independently
- *may stand alone
- *uses thumb-finger grasp by 10-11 months
- *feeds self finger foods
- *increased ability to drink from a cup

Mental and Social

- *plays pat-a-cake and "so big"
- *may start to show separation anxiety
- *is developing a sense of independence
- *uses repetitive consonants → ga, da, ba, ma
- *may start saying mama and dada specifically
- *begins to indicate wants by gesturing
- *follows simple commands

Activities for You and Your Baby

- *play hide and seek with a toy
- *read picture books to your baby
- *point to body parts and name them
- *ask "who's that"
- *play with stacking toys, blocks larger than 2-3 inches, shape sorters, and push-pull toys
- *provide containers to fill and empty
- *have a kitchen drawer filled with items safe for baby's play like lids and plastic ware
- *sing songs and read nursery rhymes
- *play with puppets
- *roll large ball to baby
- *avoid TV, videos, and computer use for the first 2 years
- *keep consistent daily routine

Nutrition

- *baby should be breast fed or receive formula with iron until 12 months of age
- ***NO cow, soy, or goat's milk.**
- ***DON'T start whole cow's milk until 12 months**
- *encourage cup for fluids with meals
- *feed baby 3 meals plus 2-3 snacks per day
- *meals should be pureed baby foods and table foods; gradually increase table food variety
- *don't add salt, sugar, or honey to foods
- *encourage finger feeding self: soft fruit wedges, well cooked vegetables, and bite sized pieces of chopped meat
- *avoid foods that could cause choking: hot dogs, peanuts, popcorn, raw vegetables
- *infant should have some meals with the family

Today's Date _____ Age _____

Weight _____ # _____ oz

Height _____ " _____

Head circumference _____ cm _____

Immunizations Today

None if up to date

Sleep Help

- *child should have a washable love (transitional) object for bedtime
- *encourage child to fall asleep in his own crib
- *develop a nighttime ritual

Safety

- ***babies must stay in rear-facing car seats until they are 2 years old**
- *keep poisons, sharp objects like scissors, small objects like coins, and hot objects like curling irons out of reach
- *Poison Control number: 1-800-222-1222
- *practice safety skills for the kitchen, stairs, and bathroom
- *never leave infant unattended in or near water
- *set hot water heater temperature to 120 degrees or less
- *put crib mattress to lowest position
- *no smoking in car or home
- *make sure smoke and carbon monoxide alarms are in working order
- *put gates on all stairs
- *keep bathroom doors closed with baby outside
- *provide protection from exposure to sun; use sunblock on exposed body parts

Discipline

- *use consistent, positive discipline
- *limit the use of the word "no"
- *use distraction, be a role model

Dental Hygiene

- *brush or wash the teeth with plain
- *never put baby to bed with a bottle; it can cause the baby's teeth to decay

Your baby's next regular well child visit is at 12 months of age. **Bring your baby's shot records with you.**

Call TriCare for an appointment 526/524-2273.

www.tricareonline.com

Pediatric Clinic front desk 526-7653.

Pediatric Immunizations: 526-7860

Clinic Website: <http://evans.amedd.army.mil/Peds/>

www.healthychildren.org

<http://www.vaccinateyourbaby.com/>

9 MONTH MILESTONES

Please indicate if your 9 month old does the following:	YES	NO
Responds to name		
Sits independently		
Crawls/Creeps		
Pulls to Stand		
Self feeds with fingers		
Shy with strangers		
Plays Pat-a-cake (enjoys social play)		
Head steady upright		
Smiles back at you		
Responds to sounds with sounds		