



WHAT HAPPENS AT THE 9 MONTH VISIT?



MY NOTES AND QUESTIONS

Exam

- Record length, weight, and head circumference
- Check soft spots, skull development, skin sensitivities, heart, lungs, abdomen, hands, feet, muscle tone, strength, incoming teeth, ability to focus eyes, and movement of legs and hips
- Assess development including diet, and the ability to hold and move head, reach for objects, grab and let go, sit up, make sounds, and sleep

Milestones

- Understands a few words
- Sits well
- Crawls, creeps
- May pull to standing
- Uses pincer grasp
- Bangs two toys together
- Imitates syllable sounds
- Turns to quiet sounds

Immunizations

- Hepatitis B



GREEN TREE PEDIATRICS

MY 9 MONTH VISIT

(child's name)

Has an Appointment on

(date)



FOCUS ON NUTRITION

When can I introduce “table” foods?

- Between 9 and 12 months, introduce finger foods like Cheerios, soft cheese, and well-cooked noodles
- Provide foods that are rich in iron, such as meat, dark green veggies, and black beans

How much food should I be giving my baby?

- Between 6 and 9 months, meals should consist of 3-4 tablespoons of food and breastmilk or formula in addition to breastmilk or formula feedings between meals and before bedtime
- Between 9 and 12 months, a typical portion should be ¼ to ½ cup of bite-sized pieces of food. A meal should include 2-3 portions and 6-8 oz of breastmilk or formula. A snack should include 1 portion of food and 4-6 oz of breastmilk, formula, or water



STIMULATING HEALTHY DEVELOPMENT



- Provide your baby with toys that permit more complex exploration, such as containers, blocks, unbreakable mirrors, and large dolls or puppets
- Play peek-a-boo and other similar games. They help develop your baby’s memory skills, and help your baby learn to cope with separation
- Reduce the need to say “no” by removing forbidden objects from your baby’s reach. “Out of sight, out of mind” will begin to be a less effective method for redirecting your baby’s attention
- Provide opportunities to practice pincer grasp
- Promote language readiness by talking, singing, and reading to your baby every day



SAFETY CHECK

- Review “safety check” advice from prior pamphlets
- Never place your baby in front seat
- Continue “baby proofing” and keep cleaning supplies and medications out of reach. Place gates across stairs
- Feed soft, moist “table” foods. Babies can easily choke on hard foods or large pieces of food. Always supervise feeding
- Do not give your baby honey or cow’s milk
- Do not put your baby to bed with bottle
- Limit direct sun exposure by using sunscreen and hats
- Know signs of illness, such as fever > 100.5°, rash, unusual irritability, lethargy, failure to eat, dehydration, vomiting, and diarrhea

