



## THE NINE MONTH OLD

### DEVELOPMENT

- Sits alone and plays with objects while sitting
- Crawls or scoots and then pulls to standing
- Picks up small objects with thumb and forefinger, transfers objects from one hand to the other hand
- Looks for fallen objects or objects hidden under a blanket
- Babbles consonants like “ba ba” and shows understanding of what you say
- New fears include strangers (even grandparents), vacuum cleaners, big bathtub, animals, balloons, clowns

### EATING

Most babies eat three meals a day, some of which can be soft table food or finger food. Your baby should breastfeed about 4-6 times a day or take about 24-32 ounces of formula. **We suggest using a cup for all new liquids introduced** (water or whole milk). Whole milk may be introduced slowly in a cup at about 11 months. Between 11-13 months, slowly give more whole milk in a cup and less formula/breastmilk in a bottle. This allows a slow transition to milk in a cup instead of formula/breastmilk in a bottle. Plan to end bottle feeding by 13 months. As whole milk is introduced in a cup, breastfeeding may be continued as long as desired. Discontinue feeding at night to protect new teeth.

Your baby should now be sitting in a high chair to eat, so he or she can join the family for meals. He or she will want to self-feed finger foods such as crackers, cheerios, and soft vegetables. **Let him or her make a mess!** Continue to feed your baby other foods with a spoon, but let him or her tell you when he or she has had enough food. Never overfeed just to clean the plate. Your baby may have likes and dislikes that should be respected so that you do not get into “food battles.”

### PLAY

At this age, babies enjoy playing games like peek-a-boo and patty cake. They also like to practice finger control by picking up small objects. Introduce your baby to the feel of different textures. **Start reading to your child and showing him or her picture books.** Take your baby outside. Bare feet are best for learning to walk. Flexible sole shoes are good for walking outside or for warmth.

### SAFETY – POISON CONTROL 1-800-222-1222

Accidents kill more children in the United States than all diseases put together. **Your house must be childproof now.**

- Lock up all medicines.
- Put all poisons/cleaning agents (including dishwasher and laundry detergent pods) out of reach.
- Cover all electrical plugs not in use with socket covers and keep electrical cords out of reach.
- Bolt furniture to the wall that your child may pull over on himself or herself (bookshelves, dressers, etc.).
- Keep tablecloths out of reach and turn pot handles to the back of the stove.
- Put gates on all stairs and keep plants out of reach.
- Keep all small objects out of reach.
- Always supervise your baby in the bathtub. Do not leave him or her alone for a second.
- Never drink hot liquids while holding your baby. Smoke outside the house (or better yet, quit)!

**(turn page over)**



### SLEEP

Many babies who have been sleeping through the night may begin to wake up one or more times. This is due to their increasing ability to remember you when you are not with them. Sometimes they just need a few minutes alone to self-settle back to sleep. If this does not work, try a pat on the back or holding for a moment. We do not recommend feeding your baby to get him or her back to sleep; this will become a difficult habit to stop.

**NEXT CHECKUP IS AT 12 MONTHS OLD.**