



## 9 Month Old Well Child Visit

Temp \_\_\_\_\_ Weight \_\_\_\_\_ Weight% \_\_\_\_\_  
HR \_\_\_\_\_ Length \_\_\_\_\_ Length% \_\_\_\_\_  
Resp \_\_\_\_\_ Head Circumference \_\_\_\_\_ Head Circ% \_\_\_\_\_

**Immunizations today: Catch-up any missed vaccines.**

### DEVELOPMENT

Between 9 months and 12 months, your baby should begin to do some of the following:

- |  |                                   |
|--|-----------------------------------|
| Crawl  | Cruise along furniture            |
| Self-feed finger food  | Drink from a cup                  |
| Develop separation anxiety                                       | Develop sense of independence     |
| Respond to simple commands                                       | Use “jargon” to communicate needs |
| May take independent steps                                       | Respond to name                   |
| Say “mama” and “dada”, first non-specifically, then specifically |                                   |

### ACTIVITIES

- Roll a ball to baby
- Integrate baby into family dinner routine
- Name body parts
- Continue to sing and read
- Television is still strongly discouraged
- Rhyme

### SAFETY

- Carseat in the backseat, rear-facing until 12 months AND 20lbs
- Continue to modify baby-proofing as baby gets taller, faster and more curious
- Gate all stairs
- Do not leave alone near water
- Lower crib mattress to prevent climbing out of crib
- NO SMOKING
- Lock or latch lower cabinets. Move poisons out of reach
- Install corner and edge bumpers on tables, fireplaces and other sharp surfaces
- Lock-up all firearms and store unloaded, separate from ammunition
- Do not use walkers

### FEEDING

- Breastfeeding or formula until 12 months of age.
- Introduce table foods as tolerated
- Encourage finger feeding, introduce to spoon use.

### OTHER:

- Continue regular bedtime. Most babies will begin to sleep through the night now.
- If still feeding in the middle of the night, begin to discourage night feeds.
- Teething can start anytime between 4 and 12 months. Orajel, cold teething rings and Tylenol are usually effective at controlling discomfort.
- Baby should be in own crib, ideally in own room
- Encourage interaction with other babies around the same age
- Swimming lessons are appropriate under close supervision
- Use sunblock for sun exposure. Avoid prolonged sun exposure. Utilize shade devices.
- The average child less than 5 years old has 6 to 9 viral infections or colds per year. Those in daycare have more.

### USEFUL WEBSITES and Numbers

[www.brightfutures.org](http://www.brightfutures.org)      [www.aap.org](http://www.aap.org)      [www.kidshealth.org](http://www.kidshealth.org)

**POISON CONTROL 06371-86-7070 486-7070**

**USAHC Stuttgart, Germany**

Next scheduled visit is at **12 months**  
Call 430-8610 to schedule

New Parent Support 07031-15-3340/3353  
WIC 07031-15-3351  
EDIS/Early Intervention 07031-15-2697/2547