

9 Month Visit

Your Changing and Developing Baby

- ★ Keep daily routines for your baby.
- ★ Let your baby explore inside and outside the home. Be with them to keep them safe and feeling secure.
- ★ Support your baby's learning by giving them baby balls, toys that roll, blocks, and containers to play with. The things that fascinate your baby most are often basic household items, rather than fancy toys!
- ★ Talk, sing, and read daily.
- ★ Try not to allow your baby to watch TV or use computers, tablets, or smartphones.

Dealing with Separation Anxiety

- ★ Separation anxiety starts in the 9–12-month age range. While your baby is eager to interact with other people, they will also be anxious when separated from you. Crying when you leave is normal - stay calm!
- ★ Some suggestions to help:
 - Your baby is more susceptible to separation anxiety when tired, hungry, or sick. Try to schedule your departure so it occurs after your baby has napped and eaten.
 - Don't make a fuss over your leaving! Have the person staying create a distraction (mirror, bath, or toys), then say goodbye and quickly slip away.
 - Remember that the tears will subside soon after you leave – they are to persuade you to stay! After you're out of sight, soon they'll turn their attention to the person they are staying with.
 - If bringing your baby to a new environment (e.g. a sitter's house or daycare center), spend a few minutes playing with them before leaving.

Feeding Your Baby

- ★ Be patient with your baby as they learn to eat without help.
- ★ Messy eating is normal!
- ★ Emphasize healthy foods for your baby. Give them 3 meals and 2 to 3 snacks each day.
- ★ Start giving more table food - your baby can eat what you eat! No foods need to be withheld except for raw honey and large chunks that can cause choking.
- ★ Vary the thickness and lumpiness of your baby's food.
- ★ Avoid feeding your baby too much. Let them decide when they are full and want to stop eating.
- ★ Keep trying new foods. Babies may say no to a food 10 to 15 times before they try it. Keep offering it!
- ★ Help your baby learn to use a cup.
- ★ Continue to offer breast milk or iron-fortified formula until 1 year of age. Don't switch to cow's milk until then.
- ★ You can find a sample daily menu for your 9-month-old on [HealthyChildren.org](https://www.healthychildren.org).

Routine/discipline

- ★ Tell your baby in a nice way what to do (“Time to eat”), rather than what not to do.
- ★ Be consistent.
- ★ Use distraction if you want to stop an action/behavior in the moment. Sometimes you can change what your baby is doing by offering something else such as a favorite toy.

Dental Health

- ★ It is recommended by the American Academy of Pediatrics that a dental home be established by 12 months old.

Safety

- ★ Have your baby’s car safety seat rear facing until they reach the highest weight or height allowed by the car safety seat’s manufacturer. In most cases, this will be well past the second birthday.
- ★ Place gates at the top and bottom of stairs.
- ★ Don’t leave heavy or hot things on tablecloths that your baby could pull over.
- ★ Put barriers around space heaters and keep electrical cords out of your baby’s reach.
- ★ Keep poisons, medications, and cleaning supplies locked up and out of your baby’s sight and reach.
- ★ Keep furniture away from windows.

What will be due at the 12-month visit?

- ★ Measles, Mumps, and Rubella (MMR, combination vaccine)
- ★ Varicella (Chickenpox)
- ★ Hepatitis A
- ★ PCV13 (Pneumococcal)
- ★ SPOT vision screen

Helpful Resources:

- National Domestic Violence Hotline: 800-799-7233
- Family Media Use Plan: www.healthychildren.org/MediaUsePlan
- Poison Help Line: 800-222-1222
- Information About Car Safety Seats: www.nhtsa.gov/parents-and-caregivers
- Toll-free Auto Safety Hotline: 888-327-4236

Sources:

<https://brightfutures.aap.org>

<https://healthychildren.org>

<https://cdc.gov>