



22 Teheran - Village -

Your child is a “wiggly” 9 month old!

9 month old babies are beginning to have opinions of their own as they begin determining whether or not they want to eat, sleep or listen to mom and dad! This can be a challenging time for parents, especially when infants this age wake at night screaming, test limits and no longer wants to be cuddled. 9 month olds are also a lot of fun and love peek-a-boo and pat-a-cake. They are little motorbugs, scooting, creeping and crawling everywhere. This handout will help you know what to expect over the next three months before your child turns 1 year!!

Development:

- Begins cruising
- Takes a few steps
- Uses a cup
- Will gain 2-3 words
- Follows simple commands
- Teething

Safety:

- Car seat should be rear facing as long as possible as recommended by the DMV and Academy of Pediatrics.
- Poison control number on fridge
- Avoid baby walkers
- Put SPF 45 or higher on your baby when in sun
- Do not leave your baby unattended near water
- Avoid peanuts, raisins, small foods that can be choking hazards

Nutrition:

- Begins to eat table food
- Begins weaning off bottle
- Limit juice to 4 ounces/day
- No bottles at bedtime
- Brush teeth twice daily

When to call us for advice:

- Fever greater than 101.5 rectally, lasting longer than three days and/or not responding to medication
- Skin rash that looks red pin pricks or purplish spots
- Inconsolability/irritability
- Failure to eat
- Persistent vomiting, diarrhea

Please note that your baby will require pneumococcal and varicella vaccines at his or her 12 month check up. If you have any questions/concerns, please call our office at 969-9611 and we will be happy to assist you. Enjoy your sweet baby!