

CMA 9 Month Well Baby Visit

Development

What most babies do by this age:

- Get to sitting position by themselves
- Move things from one hand to the other
- Use fingers to rake things
- Is shy, clingy, or fearful around strangers
- Reacts when you leave (cries, reaches for you)
- Smiles when you play peek-a-boo
- Looks when you call their name
- Makes sounds like “mamama” and “bababa”
- Bangs two things together
- Lifts arms up to be picked up

Feeding/Nutrition

- Continue breastfeeding/formula; May take 12-32 oz per day
- If breastfeeding give poly-vi-sol with iron over the counter daily
- Continue to offer a variety of finger foods such as small pieces of banana, sweet potato, peas, pasta, cheese, bread, crackers.
- May have less robust appetite; rate of growth is slowing; baby easily distracted
- May add yogurt/cheese/ice cream
- Continue to give spoon to practice self feeding
- Encourage use of trainer cup
- No honey and regular cow’s milk until 1 year of age; No fruit juice
- Avoid choking hazards such as nuts, hotdog slices, raw carrots, whole grapes, large pieces of fruit, popcorn etc.
- Do not put baby to bed with bottle of milk/formula; can cause tooth decay
- Continue Vitamin D if nursing or until taking 32 oz formula a day

Sleep

- May have two regular naps and 12 hour nights of sleep
- Have established bedtime routine: quiet time with reading/music
- Separation anxiety may cause resistance to go to bed or crying out at night; try a night light, patting back to sleep
- Avoid feeding overnight, baby is mature enough to sleep through the night

Safety

- Safety proof home: no exposed outlets; cords, medicines, chemicals out of reach; locks on cabinets; smoke detectors on every floor; water temperature less than 120 degrees; safety gates on top and bottom of stairs
- Lower crib mattress to lowest setting
- Use car seat rear facing until 2 years old
- Never leave baby alone in house, yard, or car
- Remove all small objects that baby can choke on
- Avoid smoke in baby’s environment; has been linked to asthma, ear infections and SIDS
- Infant walkers are not recommended
- Avoid holding baby while you are cooking or holding hot beverages
- Keep pot handles facing inside of stove
- Keep Emergency numbers and Poison Control numbers (1-800-222-1222) near phone at all times
- Keep crib away from window and curtain cords
- Use sunscreen SPF 15 or higher when outside for extended periods of time
- Never leave baby alone in tub or around containers of water such as toilets, wading pools, buckets

Stimulation/Activities

- Talk to, sing to, cuddle with baby
- Board books with colorful pictures
- Pots/pans,
- Stacking blocks
- Peek a boo and patty cake
- Push and Pull toys
- Objects in containers
- Huggable dolls
- Music/dancing
- Provide safe area for baby to explore
- Name and point to body parts
- Changes in environment: trips to store, walks, play dates
- Try to provide consistent routine
- Avoid spanking: try substitution/distraction

Hygiene

- Bathing 2-3 times a week is ok
- Use Q-tips in outer areas of ears only
- Start brushing teeth with tiny smear of fluoride toothpaste
- Consider dental visits between age 1-2 yrs
- **Maintain good hand washing practices**

Next Well Baby visit at 12 months

*See CMA links page for more helpful health information: www.cmanva.com