



9 Month Well Child Check

Expected Developmental Milestones

- May be afraid of strangers and clingy to familiar adults
- Understands “no”
- Lots of babbling (“bababababa”)
- Copies sounds and gestures of others
- Uses finger to point at things
- Looks for things he sees you hide
- Picks up small items between thumb and index finger
- Sits without support, pulls to stand, crawls

Feeding

- Will do capillary blood test for hemoglobin levels at this visit to check for anemia
- Continue with breast or formula feeding and solid foods – no cow’s milk until 12 months
- No hard foods – only small bites of very soft finger foods or purees
- Vary the textures of offered foods
- Avoid soda or other flavored drinks
- Start practicing using a cup
- Be patient as your baby learns to eat on his own

Play

- Allow baby to play with toys that roll, blocks and containers
- Avoid any screen time
- Talk, sing, listen to music and read daily
- Use simple directions for baby

Med Dosing

<i>Weight</i>	<i>Infants’ Motrin (every 6-8 hours as needed)</i>	<i>Infants’ Tylenol (every 4-6 hours as needed)</i>
12-17 lbs	1.25 mL (¼ tsp)	2.5 mL (½ tsp)
18-23 lbs	1.875 mL	3.75 mL (¾ tsp)

Sleep

- Continue to place baby on their back to sleep
- Goal of 12-15 hours of sleep total per day
- Check on, but do not pick up baby if s/he wakes at night

Safety

- Use a rear-facing car seat in the back seat
- Never leave your baby alone near any water
- Place gates on stairs
- Lock up poisons, medicines and cleaning supplies
- Do not leave heavy or hot things on tablecloths that baby could pull on
- Never have a gun in the home. If you must, store it unloaded with ammunition locked up separately
- Cover electrical outlets
- Use a sunscreen labeled "broad-spectrum" and at least SPF 15. Apply generously 15-30 min before going outdoors and be sure to reapply every 2 hours

Immunizations at this visit

<i>Regular (CDC) Vaccine Schedule</i>	<i>Alternate Vaccine Schedule</i>
- none	- Hepatitis B #1 - Follow-up in 1 month for Hepatitis B #2

<https://www.cdc.gov/vaccines/index.html>

Next Well Child Visit: 12 months old

Helpful Resources:

- www.healthychildren.org
- Poison Help: 1-800-222-1222
- Birth to Five Helpline: 1-877-705-KIDS (5437)