

Healthy Babies, Healthy Kids, Healthy Futures™
Healthy Habits that start in childhood last a lifetime.



9 MONTH OLD CHILD – WELL VISIT HANDOUT

GROWTH PARAMETERS

Weight	lbs	oz	%
Height		inches	%
Head Circumference		cm	%

DEVELOPMENTAL MILESTONES FOR A 9 MONTH OLD

- rolling both ways
- waves bye-bye
- plays peek-a-boo
- babbles
- attempts to crawl
- pulls to stand
- cruises around the furniture
- teething

ANTICIPATORY GUIDANCE FOR 10-12 MONTHS

- uses a sippy cup
- says Mama/Dada specifically
- walks alone or with help
- likes to put things in and take them out
- pincer grasp (thumb and index finger)
- pulls up well
- likes to open and close things
- start the change to whole milk at about 11.5 months (12- 24 oz/day maximum)

SAFETY

- Never leave baby unattended.
- Set water heater to 120°.
- **NO WALKERS they are a safety hazard and don't help babies walk any faster.**
- Avoid sun exposure (Apply at least SPF 30 sunscreen daily as part of getting dressed).
- Rear-facing car seat till 1 Year even if greater than 20 lbs.
- Use rectal digital thermometer to take baby's temperature.
- Fever is a rectal temperature ≥ 100.5 . You may use Tylenol or Motrin for fevers or pain. See the dosing handout under parent handouts @ www.drglasser.com for your child's dose based on weight.
- Clean mouth with baby toothbrush or a cloth at bath time with water or NON-FLUORIDE containing toothpaste even better if you can do it twice a day.
- Continue childproofing the house. Have Poison Control number **1-800-222-1222** near the phone.

NEXT VISIT AT 12 MONTHS (DON'T FORGET THE SHOT RECORD)

Dr. Lisa Glasser of Siena Pediatrics
Call for appointments (702) 248-7337.
Visit www.drglasser.com for additional information.

©Copyright 2010 Dr. Lisa Glasser