

Princeton Nassau Pediatrics, P. A.

www.princetonnassaupediatrics.com

9 Month Well Visit

What your baby may be doing now:

- Crawling
- Beginning to cruise along furniture
- Getting from lying to sitting without assistance
- Pulling to stand
- Using a “rake” or “pincer” grasp
- May have some stranger anxiety
- Waving, clapping, poking with finger
- Using sounds such as “ba” “da” “ma” and occasional “mama” or “bye-bye”

Feeding:

- Half of baby’s calories should come from breast milk or formula (about 24 oz)
- Feed baby 3 meals daily plus snacks
- Offer baby some finger foods, such as toast, scrambled eggs, pieces of banana
- Be careful to avoid chokable foods such as nuts, whole grapes, popcorn, hot dog rounds.
- Do not give baby honey in the first year of life
- Begin to offer liquids in a cup, either a spout or straw cup
- Let your doctor know if your water supply does not contain fluoride. Your baby may need a fluoride supplement.

Parenting:

- Clean baby’s teeth with a soft toothbrush or washcloth every day.
- Say “no” to your baby when necessary, and remove him from the situation. [Tips on discipline](#)
- Read books to your baby.
- Stimulate hand-eye coordination with toys such as blocks and toys with moving parts
- Take your baby for walks.

Safety

- Use a rear-facing car seat for every ride, either a carrier or convertible seat
- Do not use a walker- they can tip over and cause injury
- Protect baby from direct sun exposure, and use sun block.
- Put baby gates on tops and bottoms of stairs
- Prevent choking- keep small objects and toys out of baby’s reach.
- Childproof your home with outlet covers, wrapping cords from window blinds, and installing cabinet locks
- Lower the water heater temperature in your home to 120°F or less, to prevent accidental burns
- Keep the Poison Control Number handy: 1-800-Poison-1

When to call the office:

- If your baby is vomiting, feeding poorly, has trouble breathing, has a rectal temperature over 102°F for longer than a day, is irritable or lethargic, or if you have other concerns.
- For routine questions or for advice on specific symptoms, check out the [Pediatric Advisor](#) section on our website

Vaccines/Tests at this visit:

- [Hepatitis B](#)
- [Polio](#)
- [Flu \(in season\)](#)
- Blood test for lead and anemia

Your baby may have a mild fever or fussiness after his vaccines today. You may use Tylenol every 4-6 hrs as needed over the next 2 days according to this [dosage chart](#).

Web Resources

- www.preventiveoz.org
- www.zerotothree.org
- www.brightfutures.org
- [Guide to oral health](#)

- [Children's Hospital of Philadelphia
Vaccine Website](#)