

AT NINE MONTHS OF AGE

Height _____ Weight _____ Head Circ. _____

As a parent, you want to do all you can to help your child grow and develop normally. Here are some activities and guidelines:

Developing language skills and understanding:

- ❖ Speak with your child in full sentences. Make sounds for the baby to copy.
- ❖ **Using puppets** – Buy puppets or make them from old mittens or socks by drawing faces with marking pens. Pretend the puppet is talking to your baby and encourage your baby to talk back to the puppet.
- ❖ **Looking at scrapbooks** – Cut out pictures of things such as a ball and animals from magazines, paste them into a scrapbook. Look at this scrapbook with your baby, and help him or her to point to the pictures as you name them.
- ❖ **Read to your baby everyday.**

Developing personal and social skills:

Continue to :

Play pat-a-cake. Hug and cuddle your baby. Soothe and calm your baby when he or she is fussy. Smile and talk to your baby often.

Drinking from a cup: Help your baby to learn to hold a cup and learn to drink from it. Start with a small plastic cup and a very small amount of liquid.

Having meals with the family: Have your baby sit near your family for a short time during meals. Your baby should be eating three meals a day.

Toys: Toys bought in stores are not needed. Playing with pots and pans can be just as much fun.

Playing with simple things is just as good for your baby's development. Show your baby how to pull a pull toy. Avoid toys with small parts that your baby could pull off and possibly choke on.

Vaccines given today:

DtaP
Hib
Polio
Prevnar
MMR
Varivax
DT
Hep B
Hep A
Pneumococcal
Flu vaccine

Next Well Appt. _____

Questions about vaccines?

We recommend these web sites:

www.vaccine.chop.edu

www.cdc.gov

Safety: Cover all plugs and cover electrical cords. Your baby can wiggle, out of an infant seat, off of a changing table, off of a couch, off of a bed. Safety will continue to be important for many months, and years, to come.. Remain alert for new skills your baby acquires that can increase his or her ability to get to things that may cause harm.

Feeding guide: (9 months)

- ❖ Give drinks in a cup. No cow's milk until baby is one year old.
- ❖ Meal ideas include: small pieces of soft, mild cheese, soft toast, rice, cooked vegetables cut in strips or mashed, like carrots, potatoes, peas or beans, small tender pieces of meat. Peeled fruit like bananas, melon or peaches
- ❖ These foods may cause choking: grapes, hot dogs, nuts, popcorn and raw vegetables.
- ❖ Expect feeding time to be messy.

What is it like to be nine months old?

- ❖ I may begin to pull myself up to stand. But I need something sturdy to hold on to.
- ❖ I can pick up toys, food and small things using my fingers and thumb.
- ❖ I want tot taste everything I touch.
- ❖ I like songs and rhymes and can dance-bounce to music.
- ❖ Bring some soft toys and/or books to entertain me if we will have to wait somewhere for a little while.

Remember: No two children grow at exactly the same rate. If you have any questions or concerns about these tips and guidelines or your child's development, please contact us.

Notes from visit or questions:

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