

Things to Keep in Mind, continued:

- Keep poisonous substances, cleaning agents, medicines out of reach and the number of the poison control center near the phone.
- Install safety devices on drawers, low cabinets, gates at the top and bottom of stairs, and safety devices on windows.
- Latex balloons are a dangerous choking hazard – do not let your infant play with balloons.
- Your baby won't be able to tell you when they feel bad; watch for signs of illness such as fever, poor appetite, less activity and more fussiness.
- Make sure you have a thermometer at home and know how to take your baby's temperature.
- Continue your bedtime routine, putting your baby to bed awake.
- Move your infant to a toddler car seat when they weigh 20 pounds; remember to have them face backwards until they are 1 year old.
- Keep recently used curling irons, dangling electrical cords and drapery cords out of reach.



AT 9 MONTHS, YOUR BABY CAN:

- Be happy or sad just like Mom and Dad.
- Crawl and may be able to pull up to stand.
- Understand a simple direction and sometimes do it (and sometimes pay no attention to it).
- Wave bye-bye.
- Mimic sounds you make.



AT 9
MONTHS



TO CONTACT YOUR
MEDICAL HOME:

9 MONTH VISIT

Weight _____ Length _____

Today's Visit

- You and your provider will talk about your baby's growth and development.
- Your provider will ask for an update on your baby's health.
- Your baby will have a physical examination and may receive immunizations.
- You will have an opportunity to ask questions.

Things you may want to discuss:

- Your baby's eating and sleeping habits.
- Childproofing your home and checking for hazards.
- Your baby's increasing independence.
- Some things your baby can do now that they couldn't do at the last visit.
- Changes in your family since your last visit.

Next Visit

How to prepare:

- Keep track of illnesses and injuries, including visits to other health providers and the emergency room.
- Bring in questions about your baby's development (eating likes and dislikes, activity level, thumb sucking or use of a pacifier).
- Talk to the baby's other caregivers and family members about issues they might want you to discuss with your child's provider.
- Don't forget to bring your child's Medicaid or insurance card.
- Share what you have learned at today's visit with other family members and caregivers.

What to expect:

- Your baby will have a physical examination and receive additional immunizations.
- You will fill in a questionnaire about your baby's development.

Things to Keep in Mind:

- Do not use a baby walker.
- Do not give your baby foods that could cause choking, such as nuts, popcorn, carrot sticks, whole grapes, raisins, whole beans, hard candy, tough meat, hot dogs, chunks of peanut butter.
- Let your baby feed themselves small pieces of soft foods such as cooked carrots, peas or green beans.
- Continue teaching your infant to drink from a cup. It is best if your baby is weaned off the bottle by 12 to 15 months.
- Avoid the use of TV and videos. Babies learn better interacting with you.
- Brush your baby's teeth with a soft brush each day.
- Talk and sing to your baby. Read books to your baby and encourage imitation and pointing.
- Your baby is learning so many things every day, beginning to stack blocks and loves putting things in and out of containers.
- Distraction works well as a discipline for a young child.