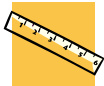




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9 MONTHS

Every child is unique. The following is a guide to help you better understand what to expect from your child.



HOW DO I MEASURE UP?

WEIGHT: _____ lbs _____ oz _____ %
LENGTH: _____ inches _____ %
HEAD CIRC: _____ cm _____ %



FEEDING: At this point, your baby should be used to the texture and tastes of most baby foods. They should be getting 3 ‘meals’ per day and may start to express interest in table foods. You can start with table foods as long as the consistency is soft so the baby can ‘gum’ or chew the food. Regardless of how many teeth your baby has at this point, their gums are firm enough to break down soft foods. You can start to give your baby yogurt made with whole milk at 9 months (ie. yo baby) if you want. Continue with formula or breastmilk until 1 year...you’re almost there!! Try to avoid juice. Encourage use of the sippy cup more regularly, especially at meal time.



SLEEPING: By this time, most babies will be sleeping through the night and have a regular, 2 nap schedule. Sleep is a very important restorative process for your baby, and a well-rested baby is a happy baby! Occasionally, you may notice that certain things may upset your baby’s sleep schedule, such as illness. It is ok to be flexible during these times, but make every attempt to return to a regular schedule as soon as possible.



IMMUNIZATIONS: catch up shots only if not up to date 😊



DEVELOPMENT:

9 months:

- Pulls to stand
- Pincer grasp
- Cruises furniture
- Says mama, dada non-specifically
- Understands no

10-12 months:

- Uses sippy cup
- Mama, dada specifically
- Begins to walk (12-15 months)
- Puts things in and takes them out
- Opens and closes things



NEXT VISIT: 12 MONTHS