



## Nine Months

As your baby grows, he or she will learn new things. These are some things you can watch for, and some actions you can take to help your baby learn and be healthy. If you have concerns about your baby's growth or development, talk to his or her doctor.

Visit this link for milestones. <https://tinyurl.com/y7nvw86>

- Sits well and can crawl, pulls up on objects
- Bangs 2 toys together, thumb-finger grasp
- Some stranger anxiety is common
- Plays peek-a-boo
- Responds to name, understands a few words, two syllable babble

When your child has regular checkups their doctor is able to track their growth and development and identify concerns. You have a chance to build a relationship of trust with your child's doctor and address your concerns. Immunizations help prevent serious illnesses. Learn more at <https://tinyurl.com/he2exr9>

- Well child check due at 9 months. No immunizations until 12 months unless baby is behind schedule
- Brush teeth and gums with rice sized smear of fluoride toothpaste
- Never put baby to bed with bottle to prevent baby bottle tooth decay
- Call doctor with any questions or concerns

At 9 and 10 months most babies need solid foods three times a day, plus about 24 ounces of breast milk or formula in a 24-hour period. Serve lots of different colors of fruits and vegetables. Be sure to add protein foods like chicken, fish, beans and eggs. Offer water, breast milk or formula in a cup at meals.

Finger foods are great for hand-eye coordination. Watch out for choking hazards. Be sure foods you offer baby are small and soft. <https://tinyurl.com/y9gflmtj>

### Keep your baby safe!

- Avoid exposure to cigarette smoke
- Must be in rear-facing car seat until 2 years of age <https://tinyurl.com/olvsczo>
- Avoid sun exposure – keep baby in shade & use protective clothing
- Insect repellent can be used
- Baby should sleep alone in their crib. Never co-sleep
- Supervise your baby at all times!
- Use outlet covers, and gates to protect your curious baby. Chemicals and cleaners should be in a cabinet out of reach of baby

### Play with your baby!

- Read to your baby, sing songs, talk about objects/actions
- Call baby by name
- Copy the sounds and faces baby makes
- Play pat-a-cake & peek-a-boo
- Allow baby to play and explore toys safely
- Measuring spoons, boxes, and plastic cups or bowls and are fun for baby to shake and pat

Learn more at <https://tinyurl.com/tg54ne3>

### Take care of you!

Taking care of baby requires a lot of energy and attention. Especially as he starts to move around more! Take care of baby by taking care of you!

<https://tinyurl.com/vglwggg>

Take a walk with baby

Take time for you

Spend time with your loved one or time with a friend away from the baby

Enlist a friend or family member to watch baby while you take a break. Teach them how to care for baby safely while you are away. Baby should never be shaken or handled roughly or yelled at.

**Poison Control Hotline 1-800-222-1222**