

Nine Month Well Child information

ENCOURAGING DEVELOPMENT

- Name objects consistently and describe what you are doing while bathing or dressing your baby or while he or she is eating or playing.
- Avoid television time until at least age 2.
- Provide your baby with larger toys that can be pushed to encourage walking.
- Read books daily to your baby. Choose books with interesting pictures, colors and textures.

SLEEP

- At this age, most babies take 2 naps each day and sleep about 12 hours per day.
- Most 9-month old babies will sleep through the night but may wake up and cry occasionally.
- Keep bedtime and naptime consistent.
- DO NOT allow your baby to share a bed with adults or other children.

NUTRITION

- In addition to breast milk or formula, you may feed your baby commercial baby foods or home-prepared pureed veggies, fruits and meats.
- Try feeding small pieces of dry cereal and soft pieces of table food, such as noodles.
- No honey until after 1 year of age.
- Watch the size and shape of foods that you give your baby. Round foods (grapes, hotdogs, etc.) should be chopped up to avoid choking.

SAFETY

- Make sure televisions, bookshelves and other heavy items and furniture are secure and cannot fall over onto your baby.
- When traveling in a vehicle, your baby should always be fastened into a rear-facing car seat until age 2. For a free car seat check from a certified technician, call KRHC Community Health at 515-295-4430 for an appointment.
- Secure dangling cords. Plug electrical outlets.
- Lower the mattress crib as your baby can pull himself to stand.

IMMUNIZATIONS

- Influenza (in season)

NEXT WELL CHILD VISIT: 12 MONTHS