**9 Month visit**

Today’s measurements: Height \_\_\_\_\_\_\_\_\_\_ Weight \_\_\_\_\_\_\_\_\_\_\_\_\_, HC \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Vaccines:

* Hepatitis B, Polio

Development:

* Repeats syllables (da-da, ba-ba)
* Waves or claps
* Sits without support/ gets to sitting position
* Pulls to stand
* Immature pincer grasp/ rakes food towards themselves
* May show signs of separation anxiety or fear of strangers
* Enjoys peek-a-boo/ looks for objects when dropped out of site
* Begins to look when you call their name

Sleep:

* May wake more due to sleep cycles and separation anxiety
* Maintain sleep routine and allow/encourage child to fall back asleep on their own

Safety:

* Childproofing is essential!
* Watch for small items that baby may put in his or her mouth
* Baby gates for stairs, cover electric outlets, keep medication and cleaning supplies in locked or high cupboard, window guards, cabinets and dressers should be mounted/ tethered to the wall
* DO NOT use walkers, push toys are ok
* Never leave a baby on a high surface (changing table, bed, couch…) even for “a second”. Nine month olds can move and often fall.
* Block cords attached to heavy objects that can be pulled down

Solids:

* Offer 3 meals per day and 16- 24 oz of breastmilk or formula
* Start finger foods/table foods; the size of a pea or cheerio and easily compressible with gums. Grapes and blueberries should be diced/smashed
* Babies and children may need 10-15 offerings of a food before accepting it
* Juice is not necessary or recommended, offer water instead

**Next visit in 3 month (at 1 year old)**