

Kids First Pediatrics on 30

9 Months

What should my baby eat? (see also feeding chart)

- Continue to breastfeed or formula feed, along with other foods like fruits, soft vegetables and table foods
- Babies this age should also be encouraged to drink from a cup and feed themselves finger foods
- Avoid small foods like popcorn, grapes, candy, etc. that could cause choking. Cheerios are okay.

What can I expect from my baby?

- Responds to own name
- Understands a few words such as "no-no", "bye-bye"
- Crawl, creep, scoot, "cruise"
- Sit without support
- Pull up to stand
- Shake, throw, bang objects
- Play interactive games like "pat-a-cake" & "peek-a-boo"
- Feed self w/fingers
- Start to use cup
- Poke with index finger
- May show stranger anxiety
- Say "Mama" or "Dada" (nonspecifically)

When will my baby sleep?

- Most babies take 2 daytime naps and sleep through the night
- Continue consistent bedtime routine; provide baby with the same object, like a stuffed animal, blanket, or favorite toy, so that he/she can console him/herself at bedtime.
- Night wakings, night terrors, and nightmares are common.
- Please don't restart feeding at night!

What can I do to keep my baby safe and healthy?

- Continue to use a rear facing car seat
- Keep baby's environment smoke-free
- Keep the house "child proof" (lock cabinets and drawers, put plastic plugs in outlets (or replace with Safe-plates); keep chemicals, cleaning agents, small objects, plastic bags and medicines in a place where baby cannot get them
- Know the number to poison control (1-800-222-1222)
- Use sun protection! Sunhats/bonnets/baby sunscreen
- Brush teeth/gums with baby toothbrush & baby toothpaste

What else can I do for my baby?

- Encourage baby's vocalizations. Talk to him/her during dressing, bathing, feeding, playing, walking, and driving
- Discipline your baby, but set limits on the number of rules and consistently enforce them. Use distraction and diversion for disciplinary measures.

By 12 months, what should the baby be able to do?

- Pull self up and walk with some support
- Feed self with fingers
- Like to look at pictures, point to animals or named body parts, follow simple commands
- Shake, throw, and bang blocks together
- Catch first ball
- May say words besides "mama and dada"
- Baby will develop stranger anxiety/separation anxiety

When is my baby's next checkup?

- Your baby's next checkup will be at 12 months. At this checkup he/she will receive Prevnar, MMR, and Varicella vaccines. If your insurance doesn't cover AAP recommended immunizations- you can always get them at the health department. Just ask us for info if you need it. **Remember to bring all medications, vitamins, and other supplements you give to your baby to every appointment with a list of any questions or concerns that you may have.**