

## PAVILION POINTS TO REMEMBER: 9 MONTHS

### Feeding

- Generally**, most babies are ready to eat **anything** in a safe form (other than honey) at this age. This includes small finger foods. If your baby has a strong pincer grasp they are most likely ready to try finger foods.
  - **Liquid Nutrition: Generally** expect your baby to drink 20-30 oz/day and between 3-5 bottles/feedings per day. This is a great time to introduce a sippy cup with formula/breastmilk, or a small amount of water during or in between feedings.
  - **Solid Nutrition: Generally**, 3 meals/day with a serving size of 4-6 oz per meal
- Let them be messy and play/experiment with the textures of their foods.
- If your baby is still toothless they can still enjoy solid and finger foods!
- Generally, Do not reduce the amount of liquid nutrition (from breast or bottle) until your baby eats enough solid food to replace those calories.
- Every baby progresses through solid and finger foods at their own pace! Some babies prefer pureed textured foods well beyond 1 year of age. Follow their lead!

### Development

- Gross Motor**

Sits alone, gets to sitting position, may stand holding on to something, may pull self to standing position, may stand alone briefly, tries to put everything in their mouth!
- Fine Motor**

Transfers objects hand to hand, developing a fine pincer grasp, bangs objects together, grabs objects with whole hand well (rakes).
- Language/Communication:**

Imitates speech noises (jabber, babbling), laughs, squeals, says mama/dada (but doesn't mean it), responds to name, looks for hidden objects, understands/enjoys peek a boo, tries to get your attention, tries to express needs non-verbally more than before
- Anxiety**

- Full-term, healthy, thriving babies CAN sleep twelve hours without needing to eat/feed.
- Travel, illness, and teething will be common triggers for disrupted sleep patterns at this age
- Bedtime generally should fall between 6:30 and 8:30 pm. If you are struggling with an early riser than progressively trying an earlier bedtime probably would most likely be helpful. **\*\*Remember, whatever your sleep approach may be we encourage you to be safe and consistent to achieve the best success!\*\***

### Safety

- Baby proof if you haven't already! Mind small objects, electrical outlets, cleaning/first aid supplies that might be on the floor/within arm's reach in your home.
- Continue to use a rear facing car seat in the back seat of your car (infant or convertible car seat depending on the weight/height of your baby). Use your current car seat until your baby exceeds the weight/height requirements
- Continue to use a fitted sheet in your baby's sleep space, avoid soft bedding, plush items/toys, crib bumpers, and avoid the use of loose blankets
- Use of insect repellent and sunscreen is safe during the spring/summer months. Choose a repellent that contains < 30% DEET. Choose a sunscreen with an SPF of 30 or higher, one that is PABA free, one that is "broad spectrum," and one that ideally does NOT contain oxybenzone.

### What to expect at Today's Visit

- Typically no vaccines or lab work are needed. Your child's height, weight, and head circumference will be measured (if the exam is in our office and not performed as a telemedicine visit).
- Your baby's next well visit will be at 12 months of age. Expect vaccinations and lab work to screen for anemia and lead exposure at that visit. Vaccines at 12 months generally include Hepatitis A, Varicella, and MMR (Measles, Mumps, Rubella). How to

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Separation anxiety common between 9-12 months of age

- **\*\*Some babies will excel more in some areas of development than others and meet milestones at different paces.\*\***

### Sleep

- Many babies this age sleep 10-12 hours at night and nap two times per day of varying lengths.

approach signs/symptoms of illness with/without fever will be discussed.

- We encourage you to discuss any questions, concerns you may have with your child's primary care provider!