



Well Child Visit
9 Months

General Pediatrics Department
U.S. Naval Hospital, Okinawa

Date: _____ Weight: _____ Length: _____

Parent Tips

1. Keep up a constant chatter. Talk while dressing, bathing, feeding, playing, and walking to encourage speech development.
2. Encourage play with age-appropriate toys. 9-month olds like to drop objects and bang things together. Unbreakable household objects such as plastic measuring cups. Plastic containers, and an appropriate size foam rubber ball make great toys.
3. Provide opportunities for “safe” exploration of the house.
4. Begin to set reasonable limits using verbal “no’s,” distraction, and removing objects from sight. Never use physical punishment. If you become angry set your baby down in the crib or playpen for 1 or 2 minutes, allowing you to calm down and letting your baby know he/she has done something wrong. Consistent discipline is important.
5. Remember to take time for yourself. Because of stranger anxiety at this age, try to introduce your baby to your sitter before leaving him/her alone with the sitter for the first time.

Over the next few weeks, you can expect your baby to:

- Creep, crawl, pull to stand, and “cruise” around holding onto furniture
- Respond to his/her own name
- Understand a few words like “no” and “bye-bye”
- Say “mama” and “dada” nonspecifically
- Use thumb and fingers to poke, pry, and pick up smaller objects.

Play interactive games like “peek-a-boo,” wave “bye-bye”

Feedings

1. Give your baby soft table foods. Give him/ her the opportunity to pick food up with his/her fingers, but make sure to avoid foods that can cause choking like peanuts, popcorn, hot dogs, sausages, whole grapes, beans, hard candy, tough meat.
2. Encourage drinking out of a cup and continue weaning of the bottle. Encourage use of the spoon.
3. Continue with breast milk or iron-fortified formula (average 24-28oz/day) through 12 months of age. Avoid regular cow’s milk until after 12 months.
4. Avoid empty calories such as puddings, deserts, creamed vegetables, punches and soft drinks.
5. Do not give egg, tomatoes, citrus, or honey until after 12 months of age.

Sleep

1. Try to establish a regular bedtime routine. Have quiet time leading to bedtime.
2. Encourage your baby to console him/herself by putting him/her to bed while still awake. Remember that stranger anxiety may contribute to a resistance to going to sleep for naps and at night.
3. If your baby awakens at night, check for safety and comfort. Keep the interaction to a minimum. Do not feed or pick him/her up. Babies at this age do not need to eat during the night. It is important for your child to learn how to put him/herself back to sleep.
4. Remember NO bottles in bed!

Dental

1. Teething does not cause high fever >102°F or watery diarrhea. It may cause drooling, looser stools and some fussiness. Tylenol, over-the counter teething medications, cold or frozen teething rings or crushed ice in a washcloth may help.
2. Clean teeth with a damp washcloth or a small, soft toothbrush. Toothpaste is not yet necessary.

3. Continue to give fluoride for teeth development.

Safety

1. **Drowning:** Never leave your child alone in or near a bathtub, bucket of water, wading/swimming pool. If you have a pool, make sure there's a fence around it.
2. **Falls and injuries:** Never leave your baby unattended on an elevated surface or in the bathtub. Always keep crib rails up when your baby is in the crib. Lower the crib mattress as your baby grows. Keep the crib away from windows and curtain cords. Remove mobiles when your baby can sit up. Avoid lifting and swinging your child by the arms. This can dislocate the elbows.
3. **Car Accidents:** Always use a properly installed rear-facing (until your baby is 20lbs and 1 year old) car seat when driving. The center of the back seat is the safest for your baby. Never place the car seat in the front of the vehicle, especially if it has airbags. Never leave your child alone in the car.
4. **Burns:** Never leave cups of hot liquids or food on table/counter edges. Never leave hot iron cords hanging ready to be pulled down. Your water heater should not heat water above 120°F (49°C). Use your smoke alarm and check it monthly.
5. **Sun:** Protect your baby from damaging rays of the sun. Keep your baby in the shade as much as possible. Keep your baby covered with hats and coverings. Use sunscreen (SPF 15 or greater) sparingly, avoiding hands. Especially avoid the sun during the most damaging hours of 1000 and 1500.
6. **Smoke:** Second-hand smoke causes a greater risk for ear infections, chronic stuffy noses, and respiratory infections. Second-hand smoke lingers, on clothes and everywhere a person has smoked (in the house/car). Never smoke while holding your baby. For your baby's health, if you smoke, consider quitting.
7. **Poisoning and choking:** Avoid toys with sharp edges or removable small parts. Avoid small hard foods like peanuts, popcorn, carrot sticks, whole grapes, and hotdogs. Put plastic bags, small objects, household cleaners, and household plants out of reach. Use safety latches on drawers and cupboards. Never store poisonous substances in soda bottles or unlabeled jars as they can be mistaken for food/drink.

Immunizations: Typically there are no routine immunizations scheduled for this visit.

Important phone numbers

1. USNH Pediatric Department 643-7304/7308. Hours: Mon,Tue,Wed,Fri 0730-1900. Thu 0730-1200. Closed Thursday Afternoons for Staff Education and Training. Sat/Holidays 0800-1200.
2. USNH Emergency Room and Poison Control Center 643-7700.
3. Smoking cessation: 643-7809
4. Health Care Information Line (HCIL) 99-00531-11-4621

Next Visit

Bring your baby in at 12 months of age for an exam and the vaccinations. Always bring your yellow shot card to the clinic. Schedule your appointment 3-6 weeks in advance. Arrive 15 minutes before your appointment for check-in.