

Bloomfield Hills: 248-203-6620

Farmington Hills: 248-788-2100

Nine Month Exam

Length _____

Weight _____

Head Circumference _____

Feeding: Fluoride may still be needed. Continue formula or breast milk until one year of age. Have your child use a cup at meals. Once a baby is sitting well in a highchair you may introduce junior foods. Offer teething biscuits and hard toast to munch on. After a fine pincer grasp has developed, you may offer table foods. Cheerios are a good food for children to practice finger feeding. Offer egg yolk before offering the whole egg. If there is a history of allergies, ask us before beginning eggs. If eggs and milk products are tolerated, French toast, pancakes, and scrambled eggs are good breakfast options. You may try such foods as cottage cheese, yogurt, soft fruits and vegetables, frozen fish fillets, meats such a chicken or turkey cut up very fine. Make sure that meats are thoroughly cooked. Avoid highly allergenic foods such as nut products and shellfish until at least one year of age. Make sure that firm foods are cut into very small pieces.

Development: You can expect creeping, crawling, pulling to a stand, cruising (walking along furniture), crawling up stairs, playing peek-a-boo or pat-a-cake, and waving “bye-bye”. Children will rake small objects with the hand and a fine pincer grasp may be emerging. Nonspecific “dada” and increased babbling are occurring. Baby may begin using 1 or 2 words with meaning. Boys are often slower than girls.

Immunizations and testing: Hepatitis B # 3. **Recommendations may change as AAP and CDC recommendations change over time.** Hemoglobin testing to screen for anemia.

Safety: This is of prime concern. Your baby has increased mobility, is very inquisitive, and puts everything into the mouth. Very dangerous items include drain cleaners, dishwasher detergents, furniture polishes, paint thinners, turpentine, and medications. **Keep these items out of reach!!** Watch for poisonous plants indoors and outdoors. If your baby ingests a poison, call **POISON CONTROL CENTER at 800-222-1222**. Babies are attracted to purses. Be cautious of this especially when visiting other homes or when visitors are at the house. Filled water buckets are dangerous; baby can pull up on them and fall in. Keep toilet lids closed and consider a safety latch. Do not leave child unattended in the bathtub. Keep electrical outlets covered and cords out of sight. Put gates at the head and foot of stairs. Make sure that foods are cut into small pieces. Learn to do the Heimlich maneuver in the event of choking.

Common Issues: Appetite is normally decreased. Children may develop separation and stranger anxiety. This is a normal phenomenon and will pass. Begin to set limits and teach “no”. Be consistent and try to frame your response to baby’s demands in a positive manner (“Yes, I like cookies too, but we need to wait until dinner”). The pacifier should be gone by now. Continue with a bedtime ritual and don’t bring baby into your bed. Don’t let guilt prevent you from spending some time away from your child. Hire a babysitter and treat yourself to some recreation.

Next exam is at 1 year of age