



Nine Month Preventive Exam

Development

Your child should be able to stand holding onto furniture. Many 9-month-olds are pulling up to stand, and some are taking steps holding onto furniture (cruising). Your child should be picking up small objects with his finger and thumb, babbling (using “dada” and “mama”, but not necessarily specifically for you), and playing games such as peek-a-boo, pat-a-cake, or waving bye-bye with you. It’s a good age to talk a lot to your child, and to read to him. This gives him a good speech model and encourages language development. Avoid using the television as “background noise” or as “something for him to look at.” He is better stimulated with human interactions.

Diet

If you haven't started with finger foods, now is probably the time. Start with soft food such as pieces of banana or mashed potatoes. As long as she isn't having trouble with excessive gagging, try macaroni, rice, cheerios, pieces of bread, peas and carrots that are cooked so they're soft, and pieces of soft fruit, such as pears and peaches. Peel the skin off and cut them into bite-sized pieces. Put only a few pieces of food at a time on her plate. Some kids will prefer finger foods; others will do better with baby foods. Either or some of both is fine for now.

If you haven't yet, you can also start meats. You can try finger food meats, such as crumbled ground beef or chicken or small pieces of shredded deli meats, or you can use jarred meat and vegetable combination dinners. Tiny pieces of chicken or fish from your plate are also fine. Other good foods include eggs and dairy products (as long as he isn't allergic). Appropriate dairy products include yogurt, pieces of cheese, or cottage cheese. Wait for milk itself until 1 year of age.

Honey should be avoided until one year of age, as it can cause botulism in infants. You may start to give him the types of food you might have for breakfast, lunch, and dinner. Try to provide a well-rounded diet, with foods from each food group every day. Now is also the time to introduce a sippy cup so that the bottle can be discontinued after the first birthday. Breast fed babies should still be on a vitamin D supplement.

Be sure to clean your child's mouth at least every night.

Click here for our [Medication Dosing Guide](#) to see recommended dosing of acetaminophen and ibuprofen.

CAUTION: KEEP BABY POWDER, HOUSEHOLD CLEANERS, AND SMALL OBJECTS OUT OF YOUR CHILD'S REACH AS ACCIDENTAL INGESTIONS AND ASPIRATIONS MAY OCCUR. KEEP FIREARMS LOCKED UP. AVOID WALKERS. WITH WHEELS. BABIES SHOULD NOT BE EXPOSED TO TOBACCO SMOKE. REMEMBER, REAR-FACING CAR SEAT UNTIL 2 YEARS OF AGE. EXAMINE YOUR FLOORS CAREFULLY FOR SMALL OBJECTS THAT MAY BE CHOKING HAZARDS.