

# 9 Month Visit: What to Expect



# Growth & Nutrition



## Vitals & Growth Charts

We'll start with weight, length, and head circumference. The goal is to continue along the same growth percentile over time.



## Introducing Solids

Time for more textured foods! Encourage self-feeding with fingers and introduce a variety of flavors – just mush or cut food into safe pieces. No honey until age 1.



## Milk Intake

Babies should still be having breastmilk or formula – about 24 ounces per day alongside solid foods.

# Sleep & How We Know It's Going Well



## Sleep Pattern

Most 9-month-olds take 2 naps daily with longer stretches of nighttime sleep.



## Bedtime Resistance

Baby may resist bedtime due to separation anxiety – this is developmentally normal! Reach out to our sleep consultant if needed.



## Wet & Poopy Diapers

Plenty of wet and poopy diapers – along with steady growth on the curve – tell us nutrition is going great!



## Growing Along the Curve

Consistent growth along the same percentile is the key indicator that baby is thriving.

# Development Milestones



## Pulling to Stand & Cruising

Baby is on the move – pulling up to stand and cruising along furniture!



## Waving "Bye"

Begins waving bye-bye and understanding simple commands like "no."



## Exploring Objects

Explores the world with fingers and mouth – curiosity is in full swing!



## Stranger Anxiety

Increased stranger anxiety and attachment behaviors are completely normal signs of healthy development.



## Interactive Play & Reading

A great time for interactive play, reading together, and baby proofing your home!

# Parenting at 9 Months



## Consistent Limits

Now is a great time to start talking about consistent limits for behavior. Caregivers model emotions and behavior for baby.



## Parent Support

Reach out to our parent coach or psychologist for guidance on navigating this exciting new phase of parenting.



## Baby Proofing

As baby becomes more mobile, now is the time to baby proof your home for a safe environment to explore.



## Development Resources

Check out Dr. Alejandra's development videos or reach out with any questions or concerns about baby's progress.



## Physical Exam

We'll check skin, soft spot, ears, mouth (tooth eruption!), heart, lungs, diaper area, and limb length.

# References

- References: American Psychological Association (APA), American Academy of Pediatrics (AAP), Centers for Disease Control and Prevention (CDC), Zero to Three, HealthySteps.