

# Nine Months



DATE \_\_\_\_\_

HT. \_\_\_\_\_

WT. \_\_\_\_\_

## THINGS YOU MIGHT SEE

- Crawling/pulling up to stand
- Cruising
- Sounds/words (?)(Mama/dada/bye - bye)
- Separation/Stranger fear

## ILLNESS PREVENTION

- Stay away from sick people
- Limit exposure to daycare if possible

## ACCIDENT PREVENTION

- Falling is common, bruised foreheads standard
- **CHILDPROOF** (should already be done!)
- **Poison Control 1-800-222-1222**

## THINGS TO EXPECT

- Walking(?)
- Appetite may drop
- Language developing
- Personality emerging more

## FEEDING

Table food? Baby food? You and the baby decide. The baby should be interested in feeding her/himself, making lots of messes. Cheerios are fun and have iron. It is "legal" to go to whole milk instead of formula **IF** you'll take the baby off the bottle. The "rule" of formula until 12 months is arbitrary and was paid for by the formula companies. There is no harm in continuing formula until a year, just no need if the child eats food. Juice is good to rot the baby's teeth. Food vs. drink should be the source of most of the calories now.

## DEVELOPMENT

**Motor:** The floor is still the place to be, though a playpen or exersaucer may be safer while you're not able to watch all the time. Walkers are dangerous, unnecessary, and contribute to inappropriate development.

**Language:** READ picture, story, and touch-and-feel books (pat the bunny, etc.). TALK in a normal voice, no baby talk (unless you want to hear it back).

**Behavior:** This is the age to begin some behavior management. Acquire some skills, teach some basics. Your baby learns much like a puppy at this age, but will get much smarter very quickly, so take advantage of this stage to teach commands: come, sit, no, go, stay (rolling over should already be happening). *Parenting with Love and Logic*, pg. 136-138. Discipline 101, is a good start (though I recommend using the crib or playpen as a timeout vs. a chair in the living room).

## SLEEP

Same as 6 months: if your baby isn't sleeping all night regularly in his/her own room, it is not the baby's fault. Feeding/paying any attention/bringing to bed with you will guarantee the problem continues.

If you don't consider not sleeping all night a problem, then don't pay attention to the above advice.