



Forms:

Complete and print them for your upcoming appointment:
[Ages & Stages](#)

Vaccines:

We recommend the following vaccines for parents and ALL caregivers of infants:

[Hepatitis B](#)

Tests Recommended:

We recommend your child have the following test:

[Hemoglobin – to assess for anemia](#)

9 MONTHS OLD

FAQ

Is it too early to discipline my child?

No, absolutely not. Discipline is simply the process of teaching your child what is allowed and what is not allowed, in other words what your expectations are.

During the first year of life, the parents' primary role is that of protector for an infant's natural curiosity. During this time, babies learn more by example from what they observe than through what their parents may say to them. Therefore, setting an example of the behaviors you expect of your child is very important.

Using descriptions of the behavior that is desired, as often as possible (eg, saying, "Time to sit," rather than, "Don't stand," will provide better direction about the behavior that is desired). A critical step in establishing discipline is to limit "No" to the most important issues. One way to do this is to remove other reasons to say, "No" (such as putting dangerous or tempting objects out of reach). Then, when an important issue comes up (such as your baby going toward the stove or radiator), saying, "NO, hot, don't touch" and removing the baby will have real meaning for her.

Should I be introducing more than puree foods?

Yes! The time between the introduction of complementary foods and 9 months is a sensitive period for learning to chew. A gradual exposure to solid textures during this time may decrease the risk of feeding problems, such as rejecting certain textures, refusing to chew, or vomiting.

Age Appropriate Information

Sleep:

- This is an age when sleep routines that help your baby gradually relax and get ready for sleep are especially important. The pre-bedtime hour, before the routine begins, should be especially affectionate and nurturing. Disruptions in routine, such as vacations, visitors, or late evenings out, can significantly disturb sleep patterns. Try to avoid these disruptions if possible.
- If your baby is waking in the night, continue to just check on him and settle him back to sleep. This routine can help your baby put himself back to sleep.
- As your baby begins to stand at the crib, it is important to lower the mattress in your baby's crib to the lowest level before he learns to stand up. If bumper pads are used, remove them when the baby begins to stand so that they cannot be used as steps.

Feeding:

- Avoid having any distractions present during meals. This includes television as well as books and toys. The focus should be on the food.
- As your baby becomes more independent in feeding herself, remember that you are responsible for providing a variety of sufficient nutritious foods, but she is responsible for deciding how much to eat.
- Most 9-month-old infants can be on the same eating schedule as the family (breakfast, lunch, and dinner), plus a mid-morning, afternoon, and bedtime snack. The amount of food taken at a single feeding may vary and may not be a large amount, but the 3 meals and 2 to 3 snacks help ensure that your baby is exposed to a variety of foods and receives adequate nutrition. Snacks can be an opportunity to try new foods.
- Giving your baby foods of varying textures (eg, pureed, blended, mashed, finely chopped, and soft lumps) will help her successfully go through the change from gumming to chewing foods. Slowly introducing solid textures during this time may decrease the risk of feeding problems, refusing to chew, or vomiting. Gradually increase table foods. Avoid mixed textures, like broth with vegetables, because they are the most difficult for infants and toddlers to eat.
- Encourage your baby to drink from a cup with help. Juice may be served as part of a snack but should be limited to 4 oz per day. Avoid the use of sweetened drinks, such as sodas and artificially flavored “fruit” drinks. These drinks provide calories but no nutrients.

Safety:

- Infants who reach 20 pounds or 26 to 29 inches before 1 year should use a convertible seat or infant-only seat that is approved for use rear facing to higher weights and heights (up to 30 pounds and 32 inches for infant-only seats and up to 35 pounds and at least 36 inches for convertible seats). Your baby will be safest if he rides rear facing to the highest weight or height allowed by the manufacturer.
- The kitchen is the most dangerous room for children. A safer place for your child while you are cooking, eating, or unable to provide your full attention is the playpen, crib, or stationary activity center, or buckled into a high chair.
- To prevent poisoning, keep household products, such as cleaners, chemicals, and medicines, locked up and out of your child’s sight and reach. Keep the number of the **Poison Control Center (1-800-222-1222)** posted next to every telephone.