

Well Child Care at 9 Months

Feeding

Your baby should continue having breast milk or infant formula until he is 1 year old. Most babies now take 6 to 8 ounces of formula 4 times a day. Encourage your child to drink formula and juice from a cup now.

If you haven't already, you can begin adding meat to your child's diet.

By now, many children have 2 or more teeth. After meals and before bedtime, try to wash off the teeth with a clean cloth.

Development and Behavior

Babies are starting to pull themselves up to stand. They love to bang things together to make sounds. They may start to say "dada" and "mama."

At this age, babies learn what "no" means. Say "no" calmly and firmly and either take away the item that your child should not be playing with or remove him from the situation. If your child continues to do what you told him not to do, you can put your baby in a playpen for 1 minute without any toys or attention from you. It is a good idea to be both gentle and firmly in control.

Give your baby a choice of toys. Talk to him about the toy he chooses and what he is doing with the toy. Give lots of kisses and hugs. Peek-a-boo is a favorite game.

9-month-olds have a lot of energy and it requires a lot of energy to take care of them. Make sure you get enough rest. Ask friends and family for help so you can take a break and rest. If you are rested, you will be better able to take care of your child.

Sleep

A regular bedtime hour and routine are important. Babies enjoy looking at picture books. You may want to read one regularly with your child. A favorite blanket or stuffed animal may help your baby feel secure at bedtime. If your baby wakes up a lot at night, ask your doctor or nurse for advice.

Next Visit

Your baby's next routine visit should be at the age of 12 months. Please bring your shot card.