



## Developmental Notes - Nine Months

### Milestones:

By nine months most infants should sit well, crawl, pull to stand, cruise the furniture, use a pincer grasp to pick up objects and poke using their index fingers.

Children at this age should babble, respond to their own name and to questions such as “where is mama or dada?”. They should understand a few words (i.e.) “No-no” or “Bye-bye”. They should also enjoy social games such as peek-a-boo and pat-a-cake. Stranger anxiety may also start at this age.

### Safety:

#### Poison Control Center at 1-800-222-1222

Infants at this age “mouth” most objects they grab. Therefore choking is a real hazard. Do not give foods such as raw carrots or celery that require larger molar teeth to chew properly. Wait until age three for these foods. Cooked veggies are safe if they are mashed. The following foods are most often involved in fatal choking episodes in children under age five:

- |                           |                          |
|---------------------------|--------------------------|
| 1. Hot dogs, sausages     | 6. Hard candies          |
| 2. Peanuts, nuts          | 7. Grapes                |
| 3. Hard cookies           | 8. Meat chunks or slices |
| 4. Raw carrots            | 9. Peanut butter         |
| 5. Apple chunks or slices | 10. Popcorn              |

It is also time to childproof your home if you have not done so already. This includes using gates at stairwells and safety latches on all cabinets within a child’s reach. But even with all these precautions, close supervision is required to keep your child safe.

Your child’s car seat should be placed in the back seat of the car facing rearwards. Once an infant is one year of age **and** weighs twenty pounds, the car seat may be turned to face frontwards. Do not place this seat on anything but the floor when the seat is outside of the car.

### Sleep Position:

The American Academy of Pediatrics recommends all infants be put to sleep on their backs. Once your infant can roll over, there is no need to flip your child onto his back if he rolls over onto his tummy while sleeping.

### Diet:

Continue to give either breast milk or formula 3 to 4 times a day. Continue to encourage the use of a sipper cup. Once your child develops the pincer grasp, it is okay to start introducing some finger foods (eg. Cheerios, small crackers, bits of cheese). You may also start feeding your child a variety of mashed table foods.

**A Few Notes About Eggs:** Raw or inadequately cooked eggs are a potential source of Salmonella infection. Caesar salad dressing, hollandaise sauce, unpasteurized eggnog, and homemade ice cream may contain raw egg.

GUIDELINES FOR COOKING EGGS:

- Boil eggs for seven minutes.
- Poach eggs for five minutes.
- Fry eggs for 3 minutes on each side.
- No sunny side up egg preparation is safe.

**Honey:** Do **NOT** give your child raw or uncooked honey in the first year of life. Honey may contain botulism spores. Botulism is a complicated disease that can cause muscle paralysis. Please do not feed your infant raw or uncooked honey or put it on your child's pacifier.

**Vitamins:**

If your child consumes less than six ounces of fluoridated drinking water each day, please ask our physicians regarding supplementary vitamins.

All infants require vitamin D to prevent rickets and vitamin D deficiency. Regretfully, breast milk does not provide this essential vitamin. Therefore, all breastfed infants, unless they are weaned to at least 33 ounces of vitamin D-fortified formula or milk, require vitamin supplementation with at least 400IU (international units) of vitamin D per day.

Similarly, all non-breast fed infants who receive less than 33 ounces of vitamin D-fortified formula, should receive vitamin supplementation with at least 400IU (international units) of vitamin D per day.