



9 Months



Nutrition

- Many babies now enjoy 3 meals daily.
- 1 to 2 snacks may also fit the day.
- Breast milk and/or formula remain important.
- Offer a variety of textures and flavors, including soft, safe finger foods.
- Repeated exposure helps build acceptance.
- Supervise all meals; let baby try self-feeding. Messy meals are normal learning.

Great Foods To Offer

- | | |
|-----------------------|---------------------|
| • Yogurt & cheese | • Soft meats |
| • Fruits & vegetables | • Pasta, rice, oats |
| • Beans or lentils | • Nut butters |

Avoid

- | | | |
|-------------|---------|-------------------|
| • Raw honey | • Juice | • Choking hazards |
|-------------|---------|-------------------|



Sleep

- Some babies sleep well through the night.
- Others may wake again due to development.
- Teething, illness, and milestones can affect sleep.
- Consistent routines often help.
- Temporary setbacks are common.



Safety & Exploration

Mobility increases quickly now.

Now is a great time to:

- Anchor furniture
- Gate stairs
- Cover outlets
- Move hazards out of reach
- Watch doors and stairs closely
- Keep choking items off floors

Exploration is learning.



Development

Many babies may begin to:

- Crawl or scoot
- Pull to stand
- Cruise along furniture
- Use fingers to pick up food
- Babble more sounds
- Respond to their name
- Show preferences and personality

Milestones happen on a range of timelines.



9 Months



Shoes

- Barefoot is great indoors for learning to walk.
- Shoes are mainly for outdoor protection.
- Choose flexible, well-fitting styles.



Teeth & Oral Care

- Teeth may already be coming in.
- Brush twice daily with a tiny smear of fluoride toothpaste.
- We often discuss finding a dental home by age 1.



Vaccines & Screenings

Recommended vaccines or screening tests may be discussed today, based on schedule. We are happy to answer questions.



Stranger Anxiety

- Babies may become more clingy or cautious.
- This is a normal developmental phase.
- Warm reassurance helps.



Play & Learning

Try these fun activities:

- Cause-and-effect toys
- Stacking cups
- Naming objects
- Reading books
- Songs and movement
- Peek-a-boo
- Floor exploration



Upcoming 12 Month Visit

We often discuss:

- Transition to milk
- Sleep changes
- Language growth
- First steps
- Recommended vaccines
- Dental care



When To Call Us

- Poor feeding
- Persistent constipation
- Dehydration concerns
- Regression in skills
- Breathing concerns
- Development or other concerns