

9 Month Check-Up

Date_____

Head_____

Length_____

Weight_____

Nutrition

- Your baby should still be breastfeeding or formula feeding.
- Your baby's diet will start expanding. Remember that a diet rich in fruits, vegetables, and whole foods is the best way to encourage optimal brain and physical development.
- This is a good age to transition to finger foods.
 - Bite-sized foods should be soft and easily dissolve.
 - Give small pieces of:
 - Soft bananas
 - Cooked and peeled apples or pears
 - Soft vegetables that have been cooked like peas, green beans, carrots
 - Rice or other small grains
- You may also begin introducing protein foods:
 - Cooked beans
 - Cooked Tofu
 - Small pieces of soft meats
 - Cooked egg yolks (not whites)
- Although not necessary, you may give a small amount of cheese and yogurt.
- Avoid tree nuts (peanut butter) until 2 years of age. If there are nut allergies in the family, wait until at least 3 years of age.
- As you begin to introduce finger foods, be very careful about choking. Avoid hard candy, hot dogs, popcorn and other items that can cause choking.
- Meals and snack times should be supervised in order to prevent choking.
- Do not put your baby to bed with a bottle. Never prop your baby's bottle.
- Clean your baby's teeth with a soft toothbrush and water twice a day.
- You should give your baby more opportunities to use a cup instead of a bottle.
- Your baby does not need calories during the night. If he/she insists on middle of the night bottles, you can try giving water instead of formula.

Development

- Responds to own name
- Understands a few words like no or bye-bye
- May say "mama" and "dada" nonspecifically
- Crawls, creeps, moves forward by scooting
- Sits by themselves
- May pull to stand
- Shakes, bangs throws, and drops objects
- Feeds self with fingers
- May have some stranger anxiety

Positive Parenting

- Read to your baby.
- Provide a protected, safe environment for your baby to explore.
- Sing songs and play nursery rhymes, patty cake, peek a boo.
- Stack and knock over toys.
- Continue with frequent, affectionate social interactions.
- Focus on giving your baby positive reinforcement.
- Save the word “no” for dangerous situations. Healthier alternatives to “no” include:
 - Re-direct your child to a better choice.
 - Provide a space in your home that is free of harmful objects.
- TV is not recommended **at all** in children less than 2 year olds. It may harm your baby’s brain development.

Health and Safety

- **Poison control: 1-800-222-1222**
- Check for hazards at the baby’s eye level.
- Place plastic plugs in electrical sockets.
- Install safety devices on drawers and cabinets.
- Keep toys with small parts or other small objects out of reach
- Keep your baby’s environment smoke free
- Check the thermostat of your hot water heater. The maximum temperature should be set at 120 degrees.
- Make sure smoke alarms are working.

Sleeping

- Expect your baby to start awakening at night as he/she starts to learn to stand, cruise, or walk. These new skills cause excitement and sometimes frustration which can affect sleep.
- Stay with your consistent, usual ritual. Comfort your baby with minimal stimulation.

Who to call

- During usual weekday hours, you can call the main clinic number

Benton Health Center
530 NW 27th Street
Corvallis, OR 97330
541-766-6835

Lincoln Health Center
121 SE Viewmont Ave.
Corvallis, OR 97333
541-766-3546

Monroe Health Center
610 Dragon Drive
Monroe, OR 97456
541-847-5143

East Linn Health Center
100 Mullins Drive #A-1
Lebanon, OR 97355
541-451-6920

- After hours and on weekends, you can call the same number and you will be forwarded to a nurse that can help answer your questions.