

Cranky and Fussy?

- For teething pain, use a teething ring, frozen washcloth, or teething biscuit, or massage the gums with your clean finger. If nothing else helps, try a dose of Tylenol or Motrin. Avoid numbing creams—they are easily overdosed.
- If you become overwhelmed, put your baby in a safe place and take a break or get some help.
- Your baby may fuss before falling asleep. Try to put them down while drowsy for naps and at bedtime, so they learn to fall asleep by themselves. Adhere to a bedtime routine.
- Babies make noises sometimes during light sleep. Your baby may not actually be awake if they just whine or moan. Give them a few minutes to see how alert they are. Try to comfort them without picking them up.
- For advice on sleep issues, read Guide to Your Child's Sleep from the AAP, Solve Your Child's Sleep Problems by Richard Ferber, or consult www.healthychildren.org.

Nine Month Visit

We will record your baby's height, weight, and head size. Measurements do not have to be 50th percentile to be "normal." Your baby's growth typically will start slowing down now.

Let your doctor know today if...

- Your baby does not use both arms and both legs equally.
- Your baby does not sit well or does not stand holding on.
- Your baby does not handle toys.
- Your baby does not laugh or babble.
- Your baby avoids eye contact.
- Your baby wakes at night and needs help to get back to sleep.
- You are worried about your baby's growth, development, or behavior.
- You are feeling overwhelmed or sad about the baby or unable to enjoy being with the baby.
- You have a particular concern that is always on your mind.
- Your baby spends time in a building built before 1960 that has peeling paint or that is or was renovated, or your child is around someone who has lead poisoning or who works with lead.

Your next visit

At the twelve month visit your doctor may...

- Check your child's growth.
- Discuss vaccines: MMR, chicken pox, Hepatitis A, influenza (seasonal) and COVID. Information about these can be found at: www.cdc.gov/vaccines.
- Please note the 12 month well visit needs to be scheduled on or shortly after your child's birthday (not before).



Weill Cornell Medicine
Primary Care

Nine Month Visit



weillcornell.org/primarycare

Vaccines

- Vaccination provides the single most important opportunity to prevent serious illness in your child, including brain damage and death.
- Recommended vaccines:
 - Influenza
 - COVID
- Ask the nurse for Vaccine Information Statements with specific facts about each vaccine. More information can be found at: healthychildren.org (under the Health Issues tab) and at www.cdc.gov/vaccines.
- Vaccines for parents and caregivers to receive to protect children include the “Tdap” (tetanus and pertussis booster), the yearly flu vaccine and the Covid vaccine.
- Your doctor may recommend a blood test for anemia and lead.

Staying Healthy

- Tell your doctor if you believe you have symptoms of postpartum depression.
- Do not allow anyone to smoke near your baby. If you smoke, decide to quit.
- Wash hands before feedings and after diaper changes.
- Nursing mothers should take their prenatal vitamins, eat a healthy diet, and drink plenty of fluids.
- Use saline nose drops and a bulb syringe if your baby is congested. Avoid over-the-counter cold medicines.
- Bathe your baby only with plain water or a mild soap.
- Do not clean inside the ear. Wipe only the outside.
- Learn infant CPR. Contact the American Heart Association for classes.
- Call for an office visit if your child has fever > 101 for more than 24-48 hours (other than in the 48 hours after vaccination) or sooner if they have fast or labored breathing, are not drinking well, or look very ill to you. A temperature of >105 is reason for a prompt evaluation.
- For fever or pain, your child can have acetaminophen every 4hrs (Tylenol): “Infant’s” and “Children’s” (160mg/5mL)_____ or Feverall suppository_____ or ibuprofen every 6hrs (Motrin/Advil): Infant drops(50mg/1.25mL)_____ or Children’s (100mg/5mL_____ Never give aspirin—it can cause brain damage during certain viral infections.

Safety

- The leading preventable causes of injury now are car accidents, falls, and fires/burns, drowning and poisoning.
- Always use a car seat, even in a taxi. The middle of the back seat, rear facing, is safest. Never use the front seat.
- Never leave your baby alone anywhere he might fall from or alone in the bath, even for a second.
- Install window guards.
- Never microwave a bottle. Hotspots may cause a burn.
- Do not hold hot liquids while carrying your baby.
- Burns result from hot drinks, items on the stove, irons, radiators, and bath water.
- Check the smoke detector battery once a month.
- Avoid prolonged sun exposure. Use a hat. Use sunscreen regularly (SPF 15-50, “broad spectrum” and “water resistant”).
- Avoid toys with sharp edges, strings, or small parts that may break off. Also avoid necklaces, charm bracelets, and balloons. Keep all small objects out of reach.
- Always put your baby on their back for sleeping (naps too).
- Never shake or spank the baby. Shaking can cause brain damage.
- Poison Control Center phone number: 212 POISONS or 800 222-1222.
- Lower the crib mattress.
- Baby-proof your home. Block the kitchen with a gate.
- Do not use an infant walker.

Typical Development

By nine months most babies...

- Get to a sitting position by themselves.
- Move things from one hand to the other.
- Use fingers to “rake” food towards themselves.
- Sit without support.
- Look for objects when dropped out of sight (like a spoon/toy).
- Bang 2 things together.
- Make a lot of different sounds like “mamamama” and babababa”.
- Lift arms up to be picked up.
- Are shy, clingy, or fearful around strangers.
- Show several facial expressions, like happy, sad, angry and surprised.
- Look when you call their name.
- React when you leave (looks, reaches for you, or cries).
- Smile or laugh when you play peek-a-boo.

Some babies...

- Pull up to a standing position.
- Pick up a Cheerio with thumb and forefinger.
- Crawl.

Stimulating Development

- The brain’s development for vision, language, and even for emotional connection with other people, largely takes place in the first 2 yrs.
- Talk, read, sing, play peek-a-boo and pat-a-cake, and laugh with your baby.
- Play music. Look in mirrors.
- Show them colorful books.
- Model loving and caring interactions between adults for your child to witness.
- Keep them away from violence, such as loud arguments or violent video.
- Avoid even “educational” videos and apps.
- Give your baby rattly, chewy, and squeaky toys.
- Spend daily “floor time.”
- An Exersaucer is fun, but a mobile walker is not safe.

Good Nutrition

- Avoid low-iron formulas and avoid cow’s milk until one year, as they may lead to anemia, which impairs brain development.
- A vitamin with Iron also helps prevent anemia and provides supplemental Vitamin D.
- Plan for three meals a day. Introduce Cheerios and small pieces of cheese or other finger foods. Try yogurt. Allow two or three days between new foods to observe for any reactions.
- Avoid hard foods like nuts and raw carrots, as well as hard candy and hot dogs.
- Avoid honey until one year.
- Fruit juice helps for constipation but has little nutritional value.
- For fluoride, offer some NYC tap water daily.

Normal Elimination

- Stools may change color, consistency, or odor depending on dietary intake.
- Stool frequency may be as little as once a week.
- If stools become hard, try giving more pears, peaches, prunes, or a few ounces of diluted prune or pear juice each day.