



9 MONTHS

Your baby is starting to get on all fours to rock or even crawl, some are pulling up on low furniture and cruising along the edges. He can now likely get to the sitting position unassisted and stay there playing with objects for extended periods of time. He may like to hold your hands and try walking and sometimes only holds on with one hand. All of this is in preparation for walking. Table food is a large part of your child's diet and it is time to explore new foods and textures. We still do not encourage cow's milk, honey, or choking hazard type foods at this age. You may be hearing mama and dada and more consonant babble.

Expected development at this age includes crawling, pulling up, cruising, finger feeding, making consonant sounds such as mama/dada (non-specific), and the development of stranger anxiety.

Sunscreen is safe for children 6 months and older. Remember to reapply sunscreen every 2 hours while in the sun or in the pool. You can use bug-spray for kids over 2 months of age. Bug spray with 10-30% DEET is safe for children, per American Academy of Pediatrics.

NEXT CHECK-UP: 12 months

VACCINE(S): Prevnar, Hep A, MMR, Flu (if in Flu season)