

# Bloomfield Pediatric Care

[www.bloomfieldpediatriccare.com](http://www.bloomfieldpediatriccare.com)

43205 Woodward Avenue Bloomfield Hills, MI 48302

## 9 Month Well Visit

### Growth & Development Milestones

- ✓ Continues to enjoy banging and waving toys
- ✓ Throws/shakes objects, gets absorbed in toys/games, initiates play
- ✓ Explores food with fingers
- ✓ Goes from sitting to lying position unassisted
- ✓ May pull self to standing position, stands holding on to furniture
- ✓ May try to crawl up stairs, starts to walk with help
- ✓ Imitates more speech sounds, but does not yet understand most of them
- ✓ Repeats sounds again and again, "mama" "dada"
- ✓ May imitate parent behaviors such as cooking or cleaning, shows off for family audience
- ✓ May cry when parent leaves the room
- ✓ May resist diapering

### Personal Health & Wellness

- ✓ Introduce wide variety of healthy foods with 3 meals and 2-3 snacks per day
- ✓ Table foods need to be cut into small soft pieces
- ✓ Should begin feeding themselves
- ✓ Start bottle weaning, sippy cup may be used
- ✓ Breast/formula recommended until age 1
- ✓ Encourage 12-16 ounces of breast milk or formula daily for bone growth
- ✓ **Avoid** juices, **No** junk foods or soda pop
- ✓ Clean teeth/gums twice a day
- ✓ Temper tantrums may begin
- ✓ Never put to bed with a bottle
- ✓ No TV time. Read daily, play games, sing & be active!
- ✓ No excess toys or blankets in the crib

### Fire Safety & Burns – Water Safety

- ✓ Test smoke detectors 2x/year
- ✓ Install CO alarm near sleeping areas
- ✓ Keep matches and lighters out of reach
- ✓ Have fire escape plan and PRACTICE!
- ✓ Water heater should be set at 120 degrees or less
- ✓ Watch for burn risks: stoves, space heaters, irons, fireplace
- ✓ Always supervise around open water/bathtubs

### Home & Personal Safety

- ✓ Safety latches on cabinets and doors is important, assess with survey on your knees
- ✓ Children require a **tobacco free** environment
- ✓ Keep baby out of the direct sun, when out use sunscreen!
- ✓ **Properly fitted & installed, rear-facing car seat!**
- ✓ **Reinforce stranger safety!**
- ✓ **Poison Control number available to all caregivers**

### For more information on normal growth and development:

<http://www.bloomfieldpediatriccare.com/normal-development/normal-development-9-months-old/>



### Helpful resources:

Symptom Checker, Immunization Schedule, Medication Dosing and Nutrition

<http://www.bloomfieldpediatriccare.com/pediatric-health-topics/>



### Office Hours:

Monday – Friday 9:00 am to 5:00 pm

Saturday (Sept – May) 9:00 am to 12:00pm

Phone Number (248) 451-0600

Answering Service (248) 858-6888

Fax Machine (248) 451-0700

Poison Control (800) 222-1222

Child Safety Seat Inspection:

1-866-SEATCHECK; [www.seatcheck.org](http://www.seatcheck.org)

Beaumont Pediatric After Hours Clinic

Royal Oak Troy

(248) 551-0222

(248) 964-2888