



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).

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.

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