



Complete Care Pediatrics

Weight: _____ Length: _____ Head Circumference: _____

9 months

Signs that your baby comprehends what you are saying become evident and you can watch them process all that they are learning. They are like little investigators inspecting, watching and studying the world around them. They are beginning to experience things differently as the senses heighten around this age.

Development

Social/Emotional:

- Enjoys games like peek-a-boo and songs like wheels on the bus.
- May develop stranger anxiety with unfamiliar adults.
- Will often have a favorite toy or book.

Language/Communication:

- Respond to their name, will respond to verbal cueing like “Where is mom?”, “Wave bye-bye.”
- Understands “no”.
- Babbles using syllables

Cognitive:

- Watches objects as they fall.
- Looks for objects that have been hidden (object permanence).
- They begin to understand that their pet dog (ball, tree etc) and the picture of a dog (ball, tree, etc) in a book are the “same” thing.

Movement/Physical Development:

- Sits well and can get into a seated position with little to no assistance.
- Many are able to pull up to standing.
- Some cruise around holding on to furniture.
- May start to use the pincer grasp and can turn pages in a board book.

Nutrition

Breast milk and formula are still the staple of a baby's diet. There is a wide variety of solid food scenarios at this age. Some babies are just getting comfortable with purees and more textured foods and some are eating 3 meals a day that look a lot like regular table foods. Meet your baby where they are at. Continue to challenge them with increased textures and new food exposures, but follow their cues if they are getting overstimulated by the experience. Offering water in a small cup or sippy is recommended with each solid food offering. Baby can have up to 9 oz of water at this age, no juice is recommended. Regardless of what type of solid food baby is having



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success with (puree to baby led weaning), they should have the opportunity to work on their solid food skills 2-3 times a day.

For breastfeeding moms, many babies are getting more distractible with daytime feeds. Try not to worry about frequency or length of feeding, particularly if baby is doing solids well and growing appropriately. Many babies at this age can get 70-80% of their daily breastmilk volume between the first morning feed and the feed that occurs right before bed.

Fever and Medication

- FEVER = 100.4 F or higher rectally or under the arm. Fevers are normal, natural responses and do not always need to be treated. If baby has a fever but is not uncomfortable, having difficulty sleeping or eating - they are fine to ride this fever out. Generally, any fever over 102-103 makes for a fussy baby and it is ok to manage these fevers with medication.
- Note that fever reducing medication will likely only drop the fever by 1-2 degrees.
- Tylenol (Acetaminophen) may be given for fever, teething, or pain relief. Tylenol may be given as often as every 4 hours but we suggest using it as sparingly as possible.

Infant's Weight. Tylenol dosing is based on weight; please see chart below for your

child's dose.

6 – 11 lbs.

Infant or Children's Suspension (160mg/5ml)

12 – 17 lbs.

1.25 ml, ¼ tsp (40mg)

18 – 23 lbs.

2.5 ml, ½ teaspoon (80mg)

24 - 35 lbs

3.75ml, ¾ teaspoon (120mg)

5.0 ml, 1 tsp (160mg)

- Motrin (Ibuprofen/Advil) may be given for fever, teething or pain relief. In general, motrin is better at reducing inflammation (so think teething and after injury), but it does have some fever reducing properties). Every child responds to medication differently, so see what works best for your baby.

**** There is an infant and a children's liquid suspension of this medication so read labels carefully, they are different concentrations, require different syringes for dosing and are NOT the same measurements as infant/children's Tylenol. See chart below.**



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Infant's Weight

12 - 17 lbs

8 - 23 lbs

24 - 35 lbs

Infant Motrin/Advil/Ibuprofen Suspension (50mg/1.25ml)

1.25ml, ¼ tsp (50mg) 1

1.87ml, about ⅓ tsp (75mg)

2.5 ml, ½ tsp(100mg)

Infant's Weight

12 - 17 lbs

18 - 23 lbs

24 - 35 lbs

Children's Motrin/Advil/Ibuprofen Suspension (100mg/5ml)

2.5ml, ½ tsp (50mg)

3.75 ml, ¾ tsp (75mg)

5 ml, 1 tsp (100 mg)

****Know what strength you have and ALWAYS double check before dosing****

Discipline

As baby becomes more aware and receptive to your communication, they begin to understand more of what you are saying. As they develop the understanding of “no” we recommend using this word sparingly. Try to limit its use to issues of safety, like, “No don’t touch that its hot!” This allows “no” to keep its important meaning and makes baby less likely to tune you out when they hear it.

When there is a behavior you want to discourage or redirect, try telling baby what you **DO** want them to do. “That cord is not a toy, but we can play with this car.”, as opposed to “Don’t pull on that cord. Reinforce the behaviors you want to see. Outline what behaviors are and are not acceptable with caregivers so you can all remain consistent in your messaging and approach to discipline.

Development from 9 - 12 months

Social/Emotional:

- Often cries when caregivers leave the room
- Copies gestures or sounds

Language/Communication:

- Will use gestures (like shaking their head) to communicate
- Tries to say words you say

Cognitive:

- Can easily find things you have hidden (object permanence)
- Will look at the correct picture or thing when it is named

Movement/Physical Development:

- May stand alone, may take a few steps on their own
- Pulls up on furniture to standing