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9 months

Your child's wellbeing always remains top priority in our office. We are here to support and answer your questions as your child grows. Please call us anytime with your concerns, or use our patient portal to contact us online. This is a guideline for developmental milestones for your child. Remember, children develop at different rates, and this is only a guideline.

PHYSICAL CHARACTERISTICS AND MOTOR SKILLS

A 9 month old has usually reached the following milestones:

- Gains weight at a slower rate -- about 15 grams per day, 1 pound per month
- Increases in length by 1.5 centimeters per month
- Bowel and bladder become more regular
- Puts hands forward when the head is pointed to the ground (parachute reflex) to protect self from falling
- Is able to crawl; Sits for long periods
- Pulls self to standing position
- Has a pincer grasp between thumb and index finger
- Feeds self with fingers
- Throws or shakes objects

SENSORY AND COGNITIVE SKILLS

The 9 month old typically:

- Is developing depth perception
- Understands that objects continue to exist, even when they are not seen (object constancy)
- Responds to simple commands
- Responds to name
- Understands the meaning of "no"
- Imitates speech sounds
- May be afraid of being left alone
- Plays interactive games, such as peek-a-boo and pat-a-cake
- Waves bye

PLAY

To help the development of the 9 month old:

- Provide different stimuli:
 - Go to the mall (people)
 - Go to the zoo (animals)
- Play ball
- Build vocabulary by reading and naming people and objects in the environment
- Teach hot and cold through play
- Provide large toys that can be pushed to encourage walking
- Sing songs together; Provide picture books
- Avoid television time until age 2

Please see the following website for a schedule of suggested vaccines:

<http://www.cdc.gov/vaccines/spec-grps/infants/downloads/parent-ver-sch-0-6yrs.pdf>