

# Edgewood Center Pediatrics, P.C.

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## Nine Month Exam

Weight \_\_\_\_\_ lbs. \_\_\_\_\_ oz      Length \_\_\_\_\_ inches      Head Circumference \_\_\_\_\_ inches  
\_\_\_\_\_ percentile                      \_\_\_\_\_ percentile                      \_\_\_\_\_ percentile

### Feeding

Breast milk or formula is recommended until one year of age. Fluoride may still be needed if you are breast-feeding or have well water. Your baby is now ready for a variety of table foods and to grasp small objects between the thumb and forefinger. The foods offered should be soft and cut into very small pieces. Some suggestions are cottage cheese, yogurt, spaghetti, cooked vegetables, soft meat or chicken, fish, cheerios, veggie puffs and teething cookies. Wait until one year of age before offering whole eggs, raw honey, red berries, shellfish or nuts.

### Development

You can expect creeping, crawling, pulling to a stand, cruising (walking along furniture), playing peek-a-boo or pat-a-cake, and waving bye-bye. Your baby may be using one or two words or sounds with meaning. Girls tend to develop a little faster at this age.

### Safety

- 1) Watch for unsafe toys; children at this age love to place small objects in their mouths.
- 2) All medications and cleaning solutions should be locked up and out of reach from children.
- 3) Learn the Heimlich maneuver in the event of infant choking.
- 4) Keep electrical outlets covered and all cords out of sight.

### Immunizations

No immunizations given at this time.

### Next Visit

Next visit is in three months, when your baby is twelve months of age.