

# 7 TO 9 MONTHS



My photo  
at 9 months.

## HELP ME BE HEALTHY...

### *At this checkup:*

- I will be weighed and measured.
- I will be watched to see what I do when sounds are made.
- I will be listened to when I talk.
- I will be given any immunizations and have any blood tests I have missed.
- You may be asked to complete an "Ages and Stages Questionnaire" to help determine if there are any developmental concerns.

**Start me on meats.** At 8 months old, I can have meats specially prepared for babies. Add the baby food meats to my meals of cereal, vegetables and fruit.

**Remember, NO cow's milk until I am 1 year old.**

**Shoes or no shoes?** I do not really need shoes to help me learn how to walk. When I do learn how to walk, shoes or sneakers will protect my feet.

## PLAY WITH ME. IT HELPS ME LEARN!

- Read to me. Point to the pictures as you tell me about them.
- Put a small ball on my highchair tray and teach me how to blow on the ball to make it move.
- Help me understand my body parts by pointing to them and naming them. I won't be able to say them for a while.
- Play hide-and-seek with me. Ask me, "Where is \_\_\_\_\_ (name a person)?" I will try to look for them.
- Look at magazines and picture books with me. Point to a picture and name it. Say, "See the cat?" and "Look at the flower." Ask me sometimes, "What is that?" Wait a few seconds before you tell me. Soon I will be able to give you an answer.
- Build towers with blocks or toys.
- Play "So big!" Show me how to lift my hands over my head and say, "So big!"
- Give me a chance to smell some safe things, such as food, flowers and spices. Tell me about how they smell.
- Help me learn why some things are not safe. If I go to the stove or heater, say "hot" and move me away. If I reach for a shoe and you know it will go in my mouth, say "tastes bad" and move me away.
- Help me learn to drink from a cup. This will take time. Do not use a foam cup. I like to chew on the foam. If I chew off a piece of foam, I could choke.

Children are very different from one another. Do not worry if I am early or late in the ways I am growing. Just keep on helping me learn new things. If you are concerned, talk to my doctor, nurse or visit <http://tiny-k.org/>.

## WATCH FOR ME TO...

- Sit for a few seconds without any help.
- Feed myself a cracker, cereal or food I can eat with my fingers. I am pretty messy!
- Say the sounds of "ma," "ga," "da," "di," "ba" and make other sounds.
- Pick up small things using my whole hand in a raking motion.
- Listen to people talking and try to make the same sounds.
- Hold a small block in one hand and pass it to the other hand.
- Look for something that I have dropped.
- Hold onto something and stand for about five seconds.
- Be stubborn at times. This is me growing up!

## HELP ME BE SAFE...

**Now that I can pull myself up, there are new safety dangers.**

- When cooking, turn pot handles to the center of the stove. Do not leave spoons or anything hanging over the edge of the stove.
- Check knobs on the television and stereo to see if they can come off.
- Look for carts, chairs or tables with wheels, and floor lamps and shelves that could be pulled over. When I pull or push on these, they could fall on me.
- Move the crib mattress to the lowest position so I cannot fall or climb out.
- Keep things picked up so I do not fall or swallow something I should not.
- Use corner protectors on sharp edges of furniture.
- Keep the bathroom door closed so I do not play in the toilet bowl.
- Use safety plugs in outlets that I have access to.

**Check my toys.** Look to see that they are not broken and they do not have any sharp edges or pieces that can hurt me. If I have stuffed animals and dolls with button eyes or noses, check to be sure that they cannot come off.

**I can easily choke.** Use an empty toilet paper tube to determine if toys are big enough for me. If they fit in the tube, I might choke on them. Do not feed me hard foods that crumble easily.

**Put things out of reach that you do not want me to swallow or put in my mouth.** Pills, cleaners, makeup and plants are dangerous. If you think I have swallowed something, call 911 or the Poison Control Center at 1-800-222-1222.

**Take away anything that dangles.** I will pull on a tablecloth or table runner. Keep my crib away from drapery and blind cords.

## HOW I AM GROWING...

My Length: \_\_\_\_\_

My Weight: \_\_\_\_\_

Sleeping Habits: \_\_\_\_\_

New Skills & Talents: \_\_\_\_\_

\_\_\_\_\_

Favorite Things & Activities: \_\_\_\_\_

\_\_\_\_\_

## YOU MAY ALSO NOTICE...

- I get upset if you leave me, even if it is for a short time. I will be relieved when you return.
- I have begun to drink juice from a cup.
- I know which toys are mine. I do not like it when my toys are taken away.
- I might be afraid of things that were okay before. I might be afraid of my bath, a sitter or the dark.