



Nine Month Visit

At nine months, your baby will have developed the skills and the interest to handle a variety of foods. Get excited to challenge your little one with different tastes, textures, and temperatures. We hope this is the beginning of a long love affair with the foods of the Pacific Northwest.

What should my nine-month old be doing?

All babies develop at different rates. Please do not be discouraged or worried if your child has not achieved the following milestones by 9 months.

At this age, your child should:

- Stands holding on to furniture
- Goes from sitting to lying position unassisted
- Begins to say consonants such as baba, mama, dada nonspecifically
- Explores food with modified pincer grasp
- Stranger anxiety
- Cry when parents leave the room
- Loves to show off for a family audience

What foods can I introduce at this age?

Around nine months, we suggest that you have introduced proteins and have started some finger foods. Start with a small amount per feeding and increase slowly if there are no signs of allergy (rash, diarrhea, or irritability). You can also introduce yogurt and mild cheese as well as wheat. Your child now has the ability to pick up small pieces of food. This is a good age to add some finger foods such as cheerios or cut up pasta.

What vaccines and/or screening tests should I expect at this visit?

At this visit any vaccines your child is not currently up to date on will be addressed. If the season is appropriate, your child may also receive the Influenza vaccine. You will also be asked to fill out a questionnaire about your child's development at this visit.

