

OLD TAPPAN PEDIATRICS

215 OLD TAPPAN ROAD
OLD TAPPAN, NJ 07675
(201) 666-1001

55 WEST MAIN STREET
BERGENFIELD, NJ 07621
(201) 385-7300

Otp@bcdhealth.com

NINE MONTHS

MILESTONES

Sits well. Creeps and crawls.

Pulls to stand. May cruise.

Pincer grasp. Finger feeds partially.

Mono or polysyllabic babbling. Says Mama/Dada. Responds to name, "no", "bye-bye"

Enjoys games – "Peekaboo" and "Pat-a-cake"

Stranger anxiety

NUTRITION

Children should be eating 3-4 meals/day, with cereal, fruits, vegetables, meats, etc.

Start introducing more finger foods- food from the table that will not choke your child (Cheerios, pasta, etc).

Still remember the three rules of feeding:

1) No honey till one year

2) No milk till one year

3) Avoid choking foods (peanuts, popcorn, whole grapes). Here is a good website that lists other foods to be wary of: <http://www.choosemyplate.gov/preschoolers/food-safety/choking-hazards.html>

VITAMINS

Polyviflor 0.25 mg. Give 1 dropperful daily.

ANTICIPATORY GUIDANCE

Car seat in the back seat facing backwards until two years of age

May switch to toddler seat when your child weighs 20 pounds

Smoke free environment

NEVER USE WALKERS

Water safety - bathtub, pool, and bucket

Protect from electrical outlets and plugs

Protect from medicines (vitamins), perfumes, and the drawers and purses that may contain these things

Protect from hot liquids, dangling cords, pulling tablecloths, and sharp table edges

POISON CONTROL CENTER 1-800-222-1212

NEXT VISIT

12 months