

Growing & Learning at...9 Months



What Most Babies do at 9 Months:

Social-Emotional Milestones

- Is shy, clingy, or fearful around strangers
- Shows several facial expressions, like happy, sad, angry, and surprised
- Looks when you call her name
- Reacts when you leave (looks, reaches for you, or cries)
- Smiles or laughs when you play peek-a-boo

Language & Communication Milestones

- Makes a lot of different sounds like “mamamama” and “bababababa”
- Lifts arms up to be picked up

Cognitive Milestones (learning, thinking, problem-solving)

- Looks for objects when dropped out of sight (like his spoon or toy)
- Bangs two things together

Movement & Physical Development Milestones

- Gets to a sitting position by herself
- Moves things from one hand to the other
- Uses fingers to “rake” food towards himself
- Sits without support

Source

U.S. Department of Health and Human Services, CDC; American Academy of Pediatrics.

More information can be found in the Ages & Stages section at www.healthychildren.org.

Helping 9-month-old Babies Learn & Grow:

- ▶ 9-month-olds like to make verbal sounds. You can respond by repeating those sounds and then saying simple words using the same sound. For example, if the baby says “bababa,” repeat “bababa,” then say “book.”
- ▶ Passing a toy back and forth with a 9-month old can become a game of my turn, your turn.
- ▶ Talking about pictures is a good way to “read” to a 9-month-old. For example, while looking together at books or magazines, name the pictures as you point to them.
- ▶ Place toys on the ground or mat, a little out of reach, and encourage her to crawl, scoot, or roll to get them. Celebrate when she reaches the toy!
- ▶ At this age you can show him gestures like waving “bye-bye” or shaking his head “no.”
- ▶ Use your words, facial expressions, and voice to let her know how you think she is feeling. For example, you can say “You seem sad, let’s see if we can make you feel better.”
- ▶ At 9-months, babies begin to pull themselves up by grabbing onto secure items. You can help by putting the baby close to things that she can pull up on safely. Stay close by while she moves so she knows you are near.

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Topics to Discuss at 9-month-old Well-Child Doctor Visits:

- ▶ Which milestones has your baby reached?
- ▶ What are some things you and your baby do together?
- ▶ What is your baby's sleep routine?
- ▶ What types of food is your baby eating?
- ▶ What are some things your baby likes to do?
- ▶ Is there anything your baby does or does not do that concerns you?
- ▶ Has your baby lost any skills he/she once had?
- ▶ Does your baby have any special healthcare needs or was he/she born prematurely?
- ▶ Does your pediatrician's office conduct regular developmental screenings?



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