



9 Month Old Well Child Visit

Center for Child & Adolescent Health
St. Christopher's Hospital for Children
(215) 427-5985



What will happen today:

- You and your doctor will talk about parenting, your home, your health and safety as well as your baby, and keeping your baby happy and healthy.
- Ask questions about your baby's health.
- Your baby may need one or more shots if any were missed.



Lead Testing

What is lead?

- Lead is a poison found in older homes and even in some toys.
- Even a small amount of lead can hurt your child's brain, blood, and kidneys.

Where does lead come from?

- Lead was used in house paints until the 1970s.
- Lead can still be found in dust from old paint, and in some pipes.

What can I do to protect my child?

- Get your child tested today!
- Wash your child's hands many times a day.
- Wash toys and pacifiers.
- If worried about lead, call the Child Lead Program at 215-685-2797



Sleep

- Put baby to sleep when he is tired and not all the way to sleep.
- He will learn to soothe himself to sleep this way.

Development

- Pulls to stand, rolls over to sit up
- Early two-finger grasp, bangs toys together
- Waves bye-bye, plays patty-cake
- Says mama and dada randomly
- 2 syllable sounds

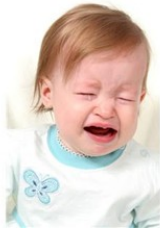













Smoke Free
Home & Car
1-800-QUIT-NOW

Poison Control Center
1-800-222-1222



Staying Healthy for 9 Month Olds

<p>Social</p>	 <p>It's normal for the baby to be attached to the parents and get upset around strangers.</p>	 <p>Help the baby learn by reading, talking and singing with them.</p>	 <p>Give the baby lots of safe toys and a safe place to play with them.</p>
<p>Feeding</p>	 <p>Let your baby try different kinds of foods with different tastes and textures.</p>	 <p>Give 3 meals a day with 2 or 3 snacks.</p>	 <p>Your baby should be ready to use a sippy cup.</p>
<p>Safety</p>	 <p>Keep the baby away from things that are too small, because they can cause choking.</p>	 <p>Car seats should always be in the back of the car, facing towards the back.</p>	 <p>Keep heavy or hot things away from where the baby can pull them down.</p>
<p>What to Expect</p>	 <p>Your baby will start to stand, and may even take a few steps.</p>	 <p>Your baby will start to say words like "mama" and "dada."</p>	 <p>Your baby will follow directions like "come here" or "get the ball."</p>

At the next visit:

Your child will have a physical examination.

Your child may receive shots.

If you need to discuss a concern about your child, please call us at 215-427-5985.

