

## OLD TAPPAN PEDIATRICS

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

136 N. WASHINGTON AVE  
BERGENFIELD, NJ 07621  
(201) 385-7300

*info@otpediatrics.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

Continue your childproofing vigilance!

Here's a great link to help.

<https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Childproofing-Your-Home.aspx>

POISON CONTROL CENTER 1-800-222-1212

#### NEXT VISIT

12 months