

# 9 month visit



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## Feeding:

At this age we can consider going to homo milk. Many parents continue breast feeding or formula feeding till over a year. We need to look at a child's nutrition over 24 hours and ensure that they get everything they need to grow, develop and be healthy. Formula is complete nutrition if they are getting about 30 ounces per day. As they take less milk, nutrition becomes compromised. So, if only 15 ounces is taken in a day, then only 1/2 the iron, 1/2 the vit C, 1/2 the vit D etc has been taken for the day. With homo milk, we get good calcium, phosphate, protein and fat intake. We get no iron, no Vit C, no trace minerals etc, so we need to get this from somewhere else. We need at least 1/2 cup of fruit, 1/2 cup of vegetables and 3-4 tablespoons of meat to complete the nutrition. It would also be good to take some baby cereal for extra iron, and perhaps egg for iron as well. Other dairy like yogurt can supplement for homo milk if the intake is low. Once we are on homo, the intake should be 20-25 ounces per day.

**Vitamins**-It is possible to get complete nutrition at this age with homogenized milk, but I prefer to add in a vitamin supplement. Ideally, we would like to supplement Vit D, C, iron and omega acids. See our nutrition handout for more discussion on this.

## Development:

**Gross motor**- minimum able to stand and support weight while holding onto something. Some babies can cruise (move along object by keeping hands on) and some can let go briefly.

They should be sitting well and able to pivot around with stability. They are usually crawl-

ing, although this is variable as some children prefer to roll, or scoot on their bum to move from one place to another.

**Fine motor**- should be able to use a pincer grasp ( eg pick up a cheerio) and improving finger control.

**Speech/social**- should make good eye contact, interact, play games like peak-a-boo, be able to clap hands or wave bye-bye.

## Exam:

On exam we look for signs of neurological problems at this age and ensure they are ready to progress to walking.

## Vaccines:

There are no funded vaccines at this visit. We suggest starting expanding the meningococcal protection at this age ( Menactra and Bexsero). See vaccine handout for further information.

**Sleep**- most babies do better with only one nap at this age. As they require less sleep they can have sleep problems. usually going to one nap helps prevent this.

