



Anticipatory Guidance - 9 Month Checkup

Family

- Maintain consistent family routine
- Make 1:1 time for each child in family
- Development and Behavior
- Establish consistent bedtime routine
- Limit TV time to 1-2 hours/day
- Praise good behavior
- Promote language using simple words
- Provide age-appropriate toys
- Provide favorite toy for self-soothing during sleep time
- Provide nap time daily
- Read books and talk about pictures/story using simple words
- Separation anxiety common
- Use distraction or choice of 2 appropriate options for discipline

Nutrition

- Introduce cup and encourage use to begin weaning process
- Offer juice in cup during snack time
- No bottle in bed
- Slowly increase choice of solids
- Cut table foods small, no hot dogs cut into circles

Routine Care

- Establish routine and assist with tooth brushing with soft brush twice a day

Safety

- Lead risk assessment
- Do not leave alone in bath water
- Empty all buckets containing water
- Home safety for fire/carbon monoxide poisoning, stair/window gates, electrical outlet covers, cleaning supplies, and medicines out of reach, remove all buckets
- Lock up guns
- No shaking baby (Shaken Baby Syndrome)
- Provide safe/quality day care, if needed
- Remove small toys/pins/plastic pieces to allow safe exploration
- Use rear-facing car seat in back seat of car until child is at least 2 years old, or reaches the height and weight limit set by the car seat maker