



Health, Activity,
Nutrition, Development,
Safety, Together

My Development 6-9 Months

Issue 3

January 2014

For Further Information, consult the book *Babies Best Chance* either online or at your local Public Health Office.

Langley Early Child
Development
Committee

Inside this issue:

By nine months...

Things I like...

Things we can do together

Health

Development

Nutrition

Safety

By nine months, I can...

- Sit without help
- Eat with my fingers
- Make babbling sounds like "ba" and "da"
- Move by rolling
- Clap my hands
- Grasp toys
- Recognize familiar faces
- Look for toys I have dropped
- Move toys from one hand to the other
- Play games like pat-a-cake

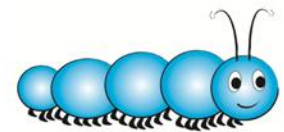


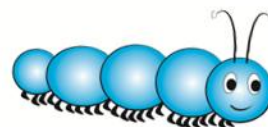
Things I like...

- Give me brightly coloured playthings.
- Place toys slightly out of my reach so I can roll, creep or crawl to them.
- Place an unbreakable mirror where I can see myself.
- I like containers and toys to play with during my bath time. Never leave me alone in the bathtub, even for a second.
- I like to play games like peek-a-boo and pat-a-cake.
- I enjoy going to places like the library, Family Place, parks, community centers, and swimming pools.

Things we can do together...

- I learn by exploring. I need your help to guide me. Instead of saying "no", show me another way.
- I like to hear my name in the stories you read to me and the songs you sing to me.
- I like board books because we can turn the pages together.
- I like to be near you. Keep me close by.
- I like it when you smile and laugh with me.
- Talking to me about things I see and do will help me learn language.





Nutrition

- I eat iron-fortified infant cereals and am starting to eat a limited variety of soft mashed table foods.
- Offer me new foods 3-4 days apart, as I may be allergic to them.
- I like to use my fingers to feed myself. It is okay to be messy.
- I will let you know when I am full. I may turn my head, close my mouth, or push the food away. Never force me to eat more than I want.
- Breast milk or formula (32-40 ounces) is my main source of food. If I am still thirsty, give me water.

Health

- If I need a drink at bedtime please give me water. Falling asleep with breast milk, formula, or juice can cause tooth decay.
- Clean my teeth with a smear of fluoridated toothpaste and a soft toothbrush.
- If my temperature is higher than 39 degrees Celsius and I am unusually fussy or sleepy, take me to the doctor.
- Protect my sensitive skin. Slip on a shirt. Slap on a hat and sunglasses. Slap on SPF 30 sunscreen (30 minutes before going outside). Keep me in the shade between 10 am - 3 pm when the sun is the hottest.
- Remember my 6-month immunizations; my next ones are at 12 months.

My Development...

- I can use both hands to grasp, hold and pass toys.
- Give me time to practice using a cup and spoon.
- I am learning to sit on my own.
- I can make babbling sounds such as "ba" or "da". I like to imitate some sounds.
- I may begin to crawl or move in my own way like rolling across the room or scooting backwards.
- I can hold and bring two objects together to make a noise.
- I am beginning to understand that my favourite toys or people are still there even when I cannot see them.
- I may act differently with people that I do not see often.

My Safety...

- Make sure my baby equipment meets Canadian certified safety standards. Look for the CSA sticker.
- Baby walkers are dangerous as they allow me to reach cords, plugs, and stairs.
- I am interested in everything around me. Keep hot drinks, candles and cords out of reach.
- Once I can roll in my sleep, it is okay if I sleep on my tummy.
- Always hold on to me when I am near water. I can drown in as little as 4 cm (1.5 inches) of water.
- Put the crib mattress at the lowest level when I am able to sit up.
- Childproof the house before I become more active.

