



Checkup Checklist: 9 Months Old

9 months...you're becoming a pro at this! Your baby may be sitting up on their own and getting ready to crawl. Your doctor can guide you through what to expect as they become more active and mobile. Here's what else you can expect at this checkup:

✓ Immunizations

At the 9-month visit, your baby may receive the final dose of the hepatitis B vaccine (</English/safety-prevention/immunizations/Pages/Hepatitis-B-Vaccine-What-Parents-Need-to-Know.aspx>) (HBV) and/or the third dose of the inactivated polio vaccine (</English/safety-prevention/immunizations/Pages/Polio-Vaccine-What-You-Need-to-Know.aspx>) (IPV) if they did not get those at the last checkup.

The American Academy of Pediatrics and the Centers for Disease Control and Prevention also recommend the seasonal influenza (</English/health-issues/conditions/chest-lungs/Pages/The-Flu.aspx>) vaccine (flu shot) for children 6 months of age and older as soon as it becomes available. So, if your pediatrician has the influenza vaccine available, be sure to add that one to your checklist.

Note: *Infants and children up to 8 years of age who are getting their flu shot for the first time may need two doses, given at least four weeks apart. Be sure to follow up with your baby's second dose if they get their first one at this appointment.*

✓ Screenings

- **Developmental screening:** This may be a more formal developmental test than your baby had at past appointments. Your pediatrician will ask you a series of questions about your baby's growth and behavior and may ask you to play with your baby during the screening to observe. The results will show whether your baby is developing at a normal rate or further testing for developmental delays (</English/MotorDelay/Pages/default.aspx>) are needed. If your baby is at a greater risk for developmental problems because of preterm birth (</English/ages-stages/baby/preemie/Pages/default.aspx>) or low birth weight or has a sibling who has an autism spectrum disorder (ASD (</English/health-issues/conditions/Autism/Pages/default.aspx>)), they may receive these screenings more frequently.
- **Dental check:** Your pediatrician may apply fluoride varnish (</English/healthy-living/oral-health/Pages/Fluoride-Varnish-What-Parents-Need-to-Know.aspx>) after your baby's first tooth appears.

✓ Feeding & development

Your pediatrician will measure and weigh your baby to make sure their growth is on track, observe their development and behavior, and perform a physical exam.

Questions your pediatrician may ask

- Do you have concerns about how your child sees (</English/health-issues/conditions/eyes/Pages/Warning-Signs-of-Vision-Problems-in-Children.aspx>) or hears?
- What is your baby's nighttime routine (</English/healthy-living/oral-health/Pages/Brush-Book-Bed.aspx>) like?
- Can your baby pull to stand (</English/ages-stages/baby/Pages/Movement-8-to-12-Months.aspx>)?

Questions you may have

When should I discontinue the bottle (</English/ages-stages/baby/feeding-nutrition/Pages/Discontinuing-the-bottle.aspx>)?

- My baby has separation anxiety (/English/ages-stages/toddler/Pages/Soothing-Your-Childs-Separation-Anxiety.aspx). How can I help? [Back to Top](#)
- How much should my baby be eating (/English/ages-stages/baby/feeding-nutrition/Pages/sample-one-day-menu-for-an-8-to-12-month-old.aspx)now? *(Note: At this age, give 3 meals and 2–3 snacks each day.)*

? Did you know

By 9 months, a baby's taste preferences are mostly set. This is one of the many reasons why it's important to continue introducing a variety of flavors, textures and colors into your baby's diet.

✓ Safety

Questions your pediatrician may ask

- Are the TVs and furniture in your home secured to the wall? We can't stop our little ones from climbing. We can stabilize the things they climb on. Read about how to help prevent furniture and TV tip-overs (/English/safety-prevention/at-home/Pages/Preventing-Furniture-and-TV-Tip-Overs.aspx).
- Are you taking any alone time for yourself? It isn't selfish—taking time for yourself makes you a better mom (/English/family-life/family-dynamics/Pages/How-Taking-Care-of-Yourself-Makes-you-a-Better-Mom.aspx)!
- Do you find yourself telling your baby "No!" (/English/family-life/family-dynamics/communication-discipline/Pages/Disciplining-Your-Child.aspx) a lot? *(Tip: Use "No!" only when your baby is going to get hurt or hurt others.)*

Questions you may have

- How do I know if the toys I am buying are safe (/English/safety-prevention/at-home/Pages/How-to-Buy-Safe-Toys.aspx)? How can I tell if something has been recalled?
- What are some safe ways to ease my baby's teething pain (/English/ages-stages/baby/teething-tooth-care/Pages/Amber-Teething-Necklaces.aspx)? *(Note: Numbing gels or creams that contain benzocaine are not recommended for infants.)*
- When do I need to buy a new car seat? *(The American Academy of Pediatrics recommends all infants and toddlers ride in a rear-facing car seat (/English/safety-prevention/on-the-go/Pages/Rear-Facing-Car-Seats-for-Infants-Toddlers.aspx) until they are at least 2 years of age or, preferably, until they reach the highest weight or height allowed by their car seat manufacturer.)*

✓ Communication tips

Never hesitate to call your pediatrician's office with any questions or concerns—even if you know the office is closed. If your pediatrician is unable to see you but believes your baby should be examined, they will advise you on the most appropriate place for your baby to receive care and how quickly your baby should be seen.

More information

- AAP Schedule of Well-Child Care Visits (/English/family-life/health-management/Pages/Well-Child-Care-A-Check-Up-for-Success.aspx)

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The information contained on this Web site should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.