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## Developmental milestones record - 9 months

Typical 9-month-old infants are expected to develop certain physical and mental skills. These skills are called developmental milestones.

### Information

All children develop a little differently. If you are concerned about your child's development, talk to your child's health care provider.

#### PHYSICAL CHARACTERISTICS AND MOTOR SKILLS

A 9-month-old has most often reached the following milestones:

- Gains weight at a slower rate, about 15 grams (half an ounce) per day or 1 pound (450 grams) per month
- Increases in length by 1.5 centimeters (a little over one-half inch) per month
- Bowel and bladder become more regular
- Puts hands forward when the head is pointed to the ground (parachute reflex) to protect self from falling
- Is able to crawl
- Sits for long periods
- Pulls self to standing position
- Reaches for objects while sitting
- Bangs objects together
- Can grasp objects between the tip of the thumb and index finger
- Feeds self with fingers
- Throws or shakes objects

#### SENSORY AND COGNITIVE SKILLS

The 9-month-old typically:

- Babbles
- Has separation anxiety and may cling to parents
- Is developing depth perception

- Understands that objects continue to exist, even when they are not seen (object constancy)
- Responds to simple commands
- Responds to name
- Understands the meaning of "no"
- Imitates speech sounds
- May be afraid of being left alone
- Plays interactive games, such as peek-a-boo and pat-a-cake
- Waves goodbye

## PLAY

To help the 9-month-old develop:

- Provide picture books.
- Provide different stimuli by going to the mall to see people, or to the zoo to see animals.
- Build vocabulary by reading and naming people and objects in the environment.
- Teach hot and cold through play.
- Provide large toys that can be pushed to encourage walking.
- Sing songs together.
- Avoid television time until age 2 years.
- Try using a transition object to help decrease separation anxiety.

## Alternative Names

Growth milestones for children - 9 months; Childhood growth milestones - 9 months; Normal childhood growth milestones - 9 months; Well child - 9 months

## References

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