



[Home](#) → [Medical Encyclopedia](#) → Developmental milestones record - 9 months

URL of this page: [//medlineplus.gov/ency/article/002009.htm](https://medlineplus.gov/ency/article/002009.htm)

## 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

American Academy of Pediatrics Committee on Practice & Ambulatory Medicine. 2024 Recommendations for preventive pediatric health care: Policy statement. *Pediatrics*. 2024;154(1):e2024067201. PMID: 38910527 [pubmed.ncbi.nlm.nih.gov/38910527/](https://pubmed.ncbi.nlm.nih.gov/38910527/) [https://pubmed.ncbi.nlm.nih.gov/38910527/].

Marc Dante KJ, Kliegman RM, Schuh AM. Normal development. In: Marc Dante KJ, Kliegman RM, Schuh AM, eds. *Nelson Essentials of Pediatrics*. 9th ed. Philadelphia, PA: Elsevier; 2023:chap 7.

Onigbanjo MT, Feigelman S. The first year. In: Kliegman RM, St. Geme JW, Blum NJ, et al, eds. *Nelson Textbook of Pediatrics*. 22nd ed. Philadelphia, PA: Elsevier; 2025:chap 23.

## Review Date 10/20/2024

Updated by: Neil K. Kaneshiro, MD, MHA, Clinical Professor of Pediatrics, University of Washington School of Medicine, Seattle, WA. Also reviewed by David C. Dugdale, MD, Medical Director, Brenda Conaway, Editorial Director, and the A.D.A.M. Editorial team.

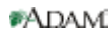
## Learn how to cite this page



Health Content  
Provider  
06/01/2028

A.D.A.M., Inc. is accredited by [URAC](http://www.urac.org), for Health Content Provider ([www.urac.org](http://www.urac.org)). URAC's [accreditation program](#) is an independent audit to verify that A.D.A.M. follows rigorous standards of quality and accountability. A.D.A.M. is among the first to achieve this important distinction for online health information and services. Learn more about A.D.A.M.'s [editorial policy](#), [editorial process](#), and [privacy policy](#).

The information provided herein should not be used during any medical emergency or for the diagnosis or treatment of any medical condition. A licensed medical professional should be consulted for diagnosis and treatment of any and all medical conditions. Links to other sites are provided for information only – they do not constitute endorsements of those other sites. No warranty of any kind, either expressed or implied, is made as to the accuracy, reliability, timeliness, or correctness of any translations made by a third-party service of the information provided herein into any other language. © 1997-2025 A.D.A.M., a business unit of Ebix, Inc. Any duplication or distribution of the information contained herein is strictly prohibited.



National Library of Medicine 8600 Rockville Pike, Bethesda, MD 20894 U.S. Department of Health and Human Services  
National Institutes of Health