

Craig Ranch Pediatrics

Dr. Nagaratna Salem, MD

Adriane Nelson, Pediatric Nurse Practitioner

6850 TPC Drive, Suite 100 McKinney, TX 75070

Phone (214) 383-4400 Fax (214) 383-4403

Nine to Eleven Months Old

What Your Baby Does At This Age



- ❖ Pulls herself to standing position and stands on her own. Crawls a lot. Climbs furniture and stairs whenever she can. May bend over to retrieve a toy from the floor. Will experiment with household objects and anything else she can find. Pulls books off of shelves, overturns plants, drops items into the toilet, and so on.
- ❖ Can coordinate thumb and forefinger precisely. He can pick up small stuff and put it in his mouth. He can fit small objects together such as a lock and key or shape blocks. May pull off socks and untie shoelaces.
- ◆ Understands relationships between certain objects such as a jar and a lid or keys and a lock. Understands many words such as "shoe, cookie, and ball". Understands simple instructions such as "Bring me..."
- ◆ She has favorite toys: she makes her preferences clear.
- ◆ Initiates hide and seek games. Hides by covering her eyes with her hands when she doesn't want you to see her.
- ◆ Cooperates when you dress her.
- ◆ Seeks attention and companionship. May develop stranger anxiety

Important Changes

- ◆ Your baby wants to stand and walk but probably can't manage without support yet.
- ◆ She may cruise along the furniture, hanging on as she takes uncertain steps.
- ◆ Your baby copies people increasingly. She imitates your tone of voice, gestures and facial expressions. She tries to do the things she sees you or her older siblings doing. She will try to feed you just as you feed her.
- ◆ Your baby's appreciation of music and rhythm is growing. When you play a record with a strong beat she will sway, bounce or hum.



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- ◆ Your baby anticipates events better. For example, she knows you're going out when you get dressed up. She expects to eat when she hears the sounds of meal preparation in the kitchen.
- ◆ Your baby's increasing intelligence tells her that mother and father mean comfort and safety. So she shows more dependence than in months past.

Support Development



- ◆ Hide a toy under a blanket. Ask your baby, "Where's the toy?" If she doesn't find it easily pull the blanket away.
- ◆ Give your baby a squeaky toy and show her how it works. Praise her when she makes it squeak.
- ◆ At bath time fill a plastic squirt bottle with water. Gently squirt your baby and then let her squirt you.
- ◆ Play finger games with your baby. Sing "Jack and Jill went up the hill", walking your fingers up her arm.
- ◆ Give our baby stack toys or objects that fit inside each other, such as a nest of plastic measuring cups.
- ◆ Follow a routine for bedtime and naps. Cuddle your baby and talk to her quietly, **read a story from a colorful book** or sing. Near bedtime, avoid activities that excite her. Keep familiar objects in her crib that are available to her only at sleep time.
- ◆ Continue talking to your baby. Show her what you are doing and name familiar objects. Keep giving her plenty of hugs and love.

Feeding Your Baby

- ◆ As she can pick up small things, give her finger foods and let her eat on her own, even if she makes a mess. She wants to be independent. Good finger foods to feed her are cheerios, small square-cut pieces of toast, soft fruits like bananas, cookies, etc. Let her sit at the table during family meals so she develops the habit. Gradually transition her to table food when she is 12 months old. Whole milk is to be given after she is a year old.

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Vitamins: Poly-Vi-Sol with iron drops daily.



Weaning

- ♦ We recommend **weaning to a cup** from the bottle by the first year and discourage use of a pacifier after the first birthday.

Shoes

- ♦ We recommend **bare foot walking** as the baby is more stable and can walk better.

Poisoning and Safety

- ♦ Your baby will try to put anything available into her mouth. Keep medications, coins, cleaning supplies, small toys or beads out of their reach. If she does eat anything harmful call:
POISON CONTROL CENTER at 1-800-222-1222.