

Your Growing Baby:

At nine months your baby:

- Works to get a toy that is out of reach.
- Looks for objects that have been dropped.
- Likes to make sounds by banging things together.
- Is able to find toys hidden under a pillow or cloth.
- Has a favorite toy or blanket.
- Holds and drinks from a bottle.
- Feeds themselves with fingers.

At ten months your baby:

- Gets to a sitting position from lying.
- Pulls to a standing position from sitting.
- Plays peek-a-boo.
- Says "mama" or "dada". Your baby may say one or two other words.
- Dislikes lying down unless sleepy.
- Is afraid of things that make loud noises.

At eleven months your baby:

- Picks up tiny objects with their thumb and finger.
- Carefully holds and looks at objects.
- Stands holding on to someone or something.
- Gets from sitting to crawling position.
- Enjoys imitating people.
- Is interested in other babies and children.

Health Care Needs:

- Babies should have a well-child check up when they are nine months old. Your baby may not need shots at this visit.
- Your baby should have a lead test between nine and twelve months of age.
- Continue to clean your baby's teeth and gums after eating with a soft cloth or toothbrush without toothpaste.
- Your baby needs a smoke-free house and car.

If you want to buy shoes when baby starts walking, be sure the shoes:

- Are big enough, but not so big that they slip up and down.
- Have plenty of toe room.
- Are closed-toe, comfortable and flexible with nonskid soles. Sneakers are a great choice.
- Have low tops so your baby's ankle muscles can move and get stronger.
- Check your baby's shoe size often. Babies' feet grow fast.

Safety:

- Be sure your baby's play areas are safe. Do not leave your baby alone.
- Use gates to block stairways.
- Keep poisons and medicines out of your baby's reach.
- Your baby still puts many things in their mouth. Keep small objects out of your baby's reach.
- Never leave your baby alone near water. Your baby can drown even in a small amount of water.
- Do not put poisons or cleaners in food containers. Your baby may think they are good to eat.
- Your baby may fall a lot. This is normal.
- Keep your baby away from hot things like heaters.
- Keep your baby away from stray animals. Watch your baby carefully when around family pets.
- Ask your baby's health care provider how to make your home safe from lead.
- Keep pot handles turned inward on the stove.

Nine-to-eleven-month-old baby



Your Growing Baby:

continued...

Car Safety:

- Put your baby in a car safety seat every time they are in a vehicle.
- Use an infant car safety seat that faces backwards.
- Put the car safety seat in the middle of the back seat.
- Be sure the car safety seat is fastened into the vehicle the right way.
- Be sure your baby is strapped into the car safety seat the right way.
- Car seats get very hot in warm weather and can burn your baby. Check the seat temperature before placing baby in the seat.
- NEVER leave your baby alone in a vehicle- not even for a minute!

How do I teach my baby right from wrong?

- Babies learn by exploring.
- Babies do not yet understand right from wrong.
- YOU must keep your baby safe.
- Keep your home safe for your baby. If something isn't safe for your baby, put it out of your baby's reach.
- Be consistent so your baby can learn your home rules.
- Praise your baby when they do what you want.
- "Catch" your baby being good.
- Distract your baby with something they can have in place of something they cannot have.
- Let your baby make mistakes.
- Be patient and keep your cool.

What kinds of toys are good for nine to eleven month olds?

- Stacking toys
- Large puzzles
- Push and pull toys
- Toys that make sounds or music
- Blocks
- Baby picture books with board pages
- Be sure your baby does not put small things in their mouth. Your baby may choke on them

Things you can do to show you care about your baby:

- Make time to hug and snuggle with baby.
- Play singing and rhyming games with baby (such as peek-a-boo, pat-a-cake).
- Talk to your baby about your home, your family, and what you are doing.
- Read to your baby.
- Start counting things with your baby like fingers and toes.
- Continue to have a family routine each day.
- Include your baby in family activities and meals.

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