

With so many accomplishments, this is a perfect time for parents and caregivers to take note of how a baby is progressing. While each child grows at his or her own rate, Help Me Grow notes the following development milestones as typical for 9 months, and can be used to monitor a baby's progress:

- Sits well without support
- Creeps or crawls
- Holds two objects at the same time
- Responds to own name
- Makes sounds like dada, mama, baba
- Shows feelings by smiling, crying, pointing

Parents, child care providers and caregivers can encourage their baby's development. For a 9-month-old, adults should:

- Play games, sing songs and say rhymes with their baby
- Be available, responsive and gentle with their baby
- Talk to their baby about what they and the baby are seeing or doing
- Give their baby a safe place to move around
- Read books with their baby
- Name feelings like happy, mad, sad

Help Me Grow suggests that parents, child care providers and caregivers track a child's progress as he or she grows. To request developmental resources or a developmental wheel, which includes milestones and actions to encourage a child's progress, contact Kathy McKay at (651) 728-0400 or kathy.mckay@metroecu.org. For more information, visit helpmegrowmn.org.



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For more information on nine-month milestones, please visit HelpMeGrowMN.org

This information is provided for general informational purposes only. It is not intended to be a substitute for professional medical advice. Always consult your doctor or other qualified health care provider with any questions you may have regarding your child's health or medical condition.



Your Child's Habits

Many kids have habits that can be downright annoying. Four of the most common ones that children develop and parents complain about are:

1. nail biting
2. thumb sucking
3. hair twirling
4. nose picking