

# Your baby at 9 months\*



Baby's Name \_\_\_\_\_

Baby's Age \_\_\_\_\_

Today's Date \_\_\_\_\_

Milestones matter! How your baby plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your baby has reached by 9 months. Take this with you and talk with your baby's doctor at every well-child visit about the milestones your baby has reached and what to expect next.

## What most babies do by this age:

### Social/Emotional Milestones

- Is shy, clingy, or fearful around strangers
- Shows several facial expressions, like happy, sad, angry, and surprised
- Looks when you call her name
- Reacts when you leave (looks, reaches for you, or cries)
- Smiles or laughs when you play peek-a-boo

### Language/Communication Milestones

- Makes different sounds like "mamamama" and "babababa"
- Lifts arms up to be picked up

### Cognitive Milestones

#### (learning, thinking, problem-solving)

- Looks for objects when dropped out of sight (like his spoon or toy)
- Bangs two things together

### Movement/Physical Development Milestones

- Gets to a sitting position by herself
- Moves things from one hand to her other hand
- Uses fingers to "rake" food towards himself
- Sits without support

#### \* It's time for developmental screening!

At 9 months, your baby is due for general developmental screening, as recommended for all children by the American Academy of Pediatrics. Ask the doctor about your baby's developmental screening.

## Other important things to share with the doctor...

1. What are some things you and your baby do together? \_\_\_\_\_
2. What are some things your baby likes to do? \_\_\_\_\_
3. Is there anything your baby does or does not do that concerns you? \_\_\_\_\_
4. Has your baby lost any skills he/she once had? \_\_\_\_\_
5. Does your baby have any special healthcare needs or was he/she born prematurely? \_\_\_\_\_

**You know your baby best.** Don't wait. If your baby is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early. Talk with your baby's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:

1. Ask for a referral to a specialist who can evaluate your baby more; and
2. Call your state or territory's early intervention program to find out if your baby can get services to help. Learn more and find the number at [cdc.gov/FindEI](http://cdc.gov/FindEI).

For more on how to help your baby, visit [cdc.gov/Concerned](http://cdc.gov/Concerned).

**Don't wait.**  
**Acting early can make**  
**a real difference!**



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## Your next steps

- Share this checklist & keep tracking milestones!** Take this checklist to your child's next check-up and be sure to share it with the doctor, as well as others who care for your child. Keep tracking by downloading CDC's FREE *Milestone Tracker* app or find online checklists at [www.cdc.gov/Milestones](http://www.cdc.gov/Milestones).
- Support your child's development with these tips and many more from [www.cdc.gov/milestones](http://www.cdc.gov/milestones) or on CDC's *Milestone Tracker* app**
  - Find out about choking risks and safe foods to feed your baby. Let him practice feeding himself with his fingers and using a cup with a small amount of water. Sit next to your baby and enjoy mealtime together. Expect spills. Learning is messy and fun!
  - Ask for behaviors that you want. For example, instead of saying "don't stand," say "time to sit."
  - Help your baby get used to foods with different tastes and textures. Foods can be smooth, mashed, or finely chopped. Your baby might not like every food on the first try. Give her a chance to try foods again and again.
  - Play with your baby by dumping blocks from a container and putting them back in together.



## If your child is missing milestones or you have other concerns:

- Call your child's doctor.** Schedule a follow-up visit with your child's doctor as soon as possible. Tell the doctor you want to talk about your child's development. Take this checklist with you and ask for developmental screening.
- Call for services to help.** Call \_\_\_\_\_ and say "I have concerns about my child's development and would like to have my child evaluated to find out if he/she is eligible for services to help." You don't need a doctor's referral to call this program.

**Don't wait. Acting early can make a real difference!**

## Note to Dr. \_\_\_\_\_ :

- WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children) encourages families to talk with you about their child's development.
- This checklist reflects milestones **MOST children (at least 75%)** would be expected to meet by this age.
- Missing milestones can be an indication to administer a developmental screening. The American Academy of Pediatrics (AAP) recommends developmental screening between recommended screening ages if concerns arise; this checklist is not a substitute for a standardized, validated screening tool.
- If a developmental screening shows concerns or you or the parent still have concerns, refer to your states' early intervention program \_\_\_\_\_ and, at the same time, for further developmental and medical evaluation.
- For FREE resources to support developmental surveillance, visit [cdc.gov/ActEarly/Healthcare](http://cdc.gov/ActEarly/Healthcare).



[www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly)  
1-800-CDC-INFO (1-800-232-4636)



Download CDC's  
free *Milestone  
Tracker* app



**Learn the Signs. Act Early.**