



9- to 10-Month Checkup

Date: _____

Weight: _____ lb _____ oz _____ %

Height: _____ in/cm _____ %

Head circumference: _____ %

"My baby is on the move, crawling and exploring her world!"

—Kaiser Permanente mom

Your baby may be ready to ...

- Push up on hands and knees to crawl or scoot.
- Show when they're upset around strangers.
- Pull up to a standing position.
- Learn to wave "bye-bye."
- Say a few words like "mama," "dada," and "baba."

All babies develop at their own pace. If you have concerns about your baby's development, talk with their doctor.

Feeding



Exploring new food is fun!

- Continue breastfeeding or using formula. Cow's milk can be introduced at 12 months.
- Offer up to 3 meals and 2 to 3 snacks per day.
- Let your baby decide how much to eat. If they don't like a food at first, keep offering it.

- Provide a variety of healthy foods. Give small, soft pieces of food from the family table.
- Give water in a sippy cup. Avoid juice or other sweet drinks.
- Avoid foods that can cause choking (whole hot dogs, nuts, chunks of meat or cheese, chunky peanut butter, whole grapes, candy, popcorn, bagels, or raw vegetables).
- Don't give honey in the first year. It can make your baby sick.

Parenting



Play, talk, sing, and read books to your baby every day.

- Talk to your baby about what you're doing. "Now we're getting in the car to go to the store." "Now we're buckling up." "Did you see that big truck?" (You may feel silly, but talking like this helps your baby's brain grow.)
- Show and tell in simple words what you want your baby to do: "Be gentle with the cat."
- Distract your baby from an upset by offering something else, like a favorite toy.

Healthy habits



Help your baby thrive as they grow and develop.

- Be sure anyone who spends time with your baby is up to date on their immunizations—especially Tdap and flu vaccines.
- Clean your baby's new teeth daily with a soft toothbrush and a small bit of fluoride toothpaste (the size of a grain of rice).
- Keep your baby out of the sun as much as possible. Stay in the shade and cover up.
- Don't put your baby to bed with a bottle—it can cause tooth decay.
- Don't smoke or vape, or let others smoke around your baby. Your home, car, and other places that your baby stays should also be smoke-free.

Care for yourself, too

You need rest, nutritious food, exercise, and support to be your healthiest.

- Take a break when you can to spend time doing something you enjoy.
- Try to keep in touch with friends and family to feel less isolated. It can help to join a parent meetup or playgroup.

- Call us if you need help coping with feelings of anxiety, depression, or the demands of being a parent—or if you feel unsafe at home.

Sleeping



Sleep can be a challenge at this age. Routines can help.

Babies sometimes “fight” sleep at this age. Some babies shift from 2 naps per day to just 1. Others wake up in the night and have a hard time falling back to sleep.

- Try to follow a daily schedule for naps and nighttime sleep. One missed nap isn’t a big deal, but a few in a row could mean a very cranky baby.
- Make the hour before bedtime loving and calm. Baths, books, and songs with low lighting help your baby feel sleepy.
- Check out our resources at kp.org/mydoctor for answers to common questions and tips to help the whole family get more sleep.

Safety



As your baby starts to explore, safety becomes more important than ever.

- Use a properly installed rear-facing car seat in the back seat in all vehicles, for every ride. Babies need to ride rear-facing until at least age 2, or until they reach the car seat manufacturer’s recommended height or weight limit.
- Say “No!” when your baby could hurt themselves or someone else. Move them away from dangerous situations.
- Make your home as safe as possible for your baby to explore, so you don’t have to say “No!” too often.

Tips for making your home safer

- Place gates on stairs. Install window guards on second story and higher windows and keep furniture away from windows.
- Put barriers around space heaters, and keep electrical cords out of your baby’s reach.
- Keep toys with small parts, batteries, balloons, cords and necklaces away from your baby.
- Don’t leave heavy or hot things on tables that your baby could pull off.
- Never leave your baby alone in or near water—even for a second.
- Empty buckets, bathtubs, and wading pools right after you use them. Keep the toilet lid shut.
- Keep your baby buckled in a high chair or safe playpen when in the kitchen. Talk and sing as you cook and clean up.
- Don’t use a baby walker. They can tip over and trap your baby.
- It’s safest not to have a gun in the home. If you must have a gun, store it unloaded and locked. Keep ammunition in a separate locked container.

Prevent poisoning

- Keep poisons, medications, and cleaning supplies locked up and out of your baby’s sight and reach.
- Avoid lead poisoning. Tell your doctor if your child spends a lot of time in a house built before 1978, especially if it has chipped or peeling paint, or has been renovated in the past 6 months.
- Call our 24/7 Appointment and Advice Call Center at **866-454-8855** right away for help if you think your child has been exposed to poison.

Your next checkup is at 12 months.

_____ / _____ (date/time)

- ✓ Call our 24/7 Appointment and Advice Call Center at 866-454-8855 if you have questions or concerns about your baby’s health.
- ✓ Download our app, **My Doctor Online**, at the App Store or Google Play.
- ✓ Visit kp.org/mydoctor for more resources.