

9

MONTHS



Back to sleep, tummy to play.

## PHYSICAL DEVELOPMENT: TIPS TO HELP YOUR BABY GROW

Provide safe floor space near you while your baby learns to sit, crawl, stand and explore their world. Babies become more and more active as they learn to use their bodies. Your baby needs to spend time on their tummy. This can be done by crawling, playing, or looking at books with you. These activities help them to develop trunk, shoulder, and hand strength.

**Walkers and bouncers do not allow your baby to develop their trunk, belly and back strength, so please limit their use.**

### ACTIVITIES TO DO WITH YOUR BABY

Sit next to your baby while they stand at the couch. Help them to bend down and pick up toys. Stacking bowls, blocks and playing with pots and pans are often favorites.

Show your baby how to scoop and pour water in the bathtub. Babies will often enjoy dumping and refilling buckets to dump again.

Make a tunnel with boxes or by putting blankets over a table. Babies often like to crawl through tunnels and different things.

Roll a big ball back and forth with your baby while they sit and crawl on the floor.

Sit on the floor next to your baby and let them crawl or pull themselves onto your lap.

Let your baby practice feeding themselves. They can be messy.

### WHAT TO EXPECT AS YOUR BABY GROWS

**At 9 months of age your baby will start to:**

- Crawl around and pull themselves to stand.
- Walk while holding on to your hands.
- Have good balance while sitting with toys on the floor.
- Move from sitting to their hands and knees or roll on the floor.
- Use their hands together to hold and play with toys.
- Use their thumb and pointer finger (pincer grasp) to pick up small objects.
- Wave bye-bye when people leave.
- Have the fine motor control to pick up things (but cannot nicely put them down). They tend to drop or throw them.