

WELL-CHILD DIARY

NINE-MONTH CHECKLIST

Your baby is changing and growing at a rapid pace and Humana Military is here to help make sure you don't miss a thing! Things to keep in mind during your nine-month well-child visit:



ASK YOUR DOCTOR:

QUESTIONS

My baby is starting to get super clingy around strangers. Is that normal?

Is it time for finger foods? Which finger foods are safe to start with?

How do I take care of my baby's teeth?

Are there any games, toys or activities I should introduce to help my baby learn?

Can I let my baby watch TV?

What vaccinations can I expect my baby to receive?

How do I know if my baby is getting enough sleep?

Should I teach my baby sign language?

ABOUT MILESTONES

Crawling

Sitting unassisted

Pulling up to stand or standing holding onto someone/something

Responding to her name

Laughing, squealing with delight

Copying sounds and gestures

Making "dada" or "mama" sounds

NOTES
