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 two-month well-child visit:

ASK YOUR DOCTOR:

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

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?

NOTES:

