



## Creeping and crawling, babies grow more active at 9 months

It is incredible the strides a baby makes just nine months from first coming home. He is creeping and crawling around the room instead of lying in his seat or on the floor. She understands and responds to her own name, and is making her first attempts at words.

With so many accomplishments, this is a perfect time for parents and caregivers to take note of how a baby is progressing. While each child grows at his or her own rate, Help Me Grow notes the following development milestones as typical for 9 months, and can be used to monitor a baby's progress:

- Sits well without support
- Creeps or crawls
- Holds two objects at the same time
- Responds to own name
- Makes sounds like dada, mama, baba
- Shows feelings by smiling, crying, pointing

Parents, child care providers and caregivers can encourage their baby's development. For a 9-month-old, adults should:

- Play games, sing songs and say rhymes with their baby
- Be available, responsive and gentle with their baby
- Talk to their baby about what they and the baby are seeing or doing
- Give their baby a safe place to move around
- Read books with their baby
- Name feelings like happy, mad, sad

Help Me Grow suggests that parents, child care providers and caregivers track a child's progress as he or she grows. To request developmental resources or a developmental wheel, which includes milestones and actions to encourage a child's progress, contact Kathy McKay at (651) 728-0400 or [kathy.mckay@metroecu.org](mailto:kathy.mckay@metroecu.org). For more information, visit [helpmegrowmn.org](http://helpmegrowmn.org).



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For more information on nine-month milestones, please visit [HelpMeGrowMN.org](http://HelpMeGrowMN.org)

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