Because the baby is a little underweight according to the CDC growth chart, it is important that the nurse assess the method of feeding that the mother is using. To assess, the nurse could ask whether the mother is using formula or breastfeeding. The head circumference of the infant is slightly smaller than expected but variations in this measurement are not uncommon at this age.

In order to rule out developmental delays or a greater risk for them, it is important to identify developmental milestones of the infant. According to the CDC, milestones that should be present at 9 months include: being afraid of strangers, understanding the word “no”, copies gestures, making different sounds such as, looking for things that that the infant sees you hide, putting things in their mouth, playing peek-a-boo, gettinginto a sitting position, pulling on things to stand, crawling, and standing when holding on to something (2018). The nurse should be able to assess if the baby can sit without support, use both hands to explore toys and environment, imitate simple play, and visually track objects.

Some recommendations that can be made would be for the mother to keep track of the baby’s nutritional input and output. A supplemental food/nutrient source can also be recommended to ensure that the child is receiving adequate nutrition and gaining a healthy amount of weight. The parents should also be educated on developmental milestones and provided with reference material so that they can keep track of their babies’ progress.

References:

Center for disease control and prevention (CDC), growth chart

America academic of pediatrics retrieved from www.heathychild.org