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Spring, TX 77388

Appt # 281-586-3888
Nurse Line # 281-453-7938
After Hours # 281-586-3888
Askdrlacour@1960pa.care
Poison Control # 800-222-1222

9-month Exam

WEIGHT: _____ LBS. _____ %

LENGTH: _____ IN. _____ %

HEAD CIRCUMFERENCE: _____ IN. _____ %

FEEDING:

Breast milk or formula is recommended until one year of age.

- **JUNIOR FOODS:** When your baby is sitting well in a highchair, you may introduce junior foods. At this time, you may offer teething cookies and hard toast. Baby must have developed a fine pincer grasp before you do this (be able to grasp a small object between thumb and forefinger). Always supervise a baby with food. Graham crackers or club crackers are a great start.
- **TABLE FOOD:** After junior foods are tolerated, you may offer soft table foods like cottage cheese, yogurt, SpaghettiOs, toast, table vegetables, frozen fish fillets, soft meat such as chicken or hamburger cut up very fine. French toast, pancakes, and scrambled eggs are good breakfast items. Remember to avoid honey until after your child has turned 1 year of age due to the risk of infantile botulism.

Parents should offer infants who are either breastfed or consuming less than 1 liter (just under 1 quart, or 33.8 ounces) of infant formula per day an oral Vitamin D supplement. You may find this in your infant multivitamin (TriViSol with iron or PolyViSol with iron or simple Vitamin D drops).

DEVELOPMENT:

Baby starts creeping, crawling, pulling to stand, cruising (walking along furniture), crawling up stairs, playing peek-a-boo or pat-a-cake, and waving good-bye. Baby may begin saying sounds like mama, dada, and baba.

SAFETY:

Safety is of prime concern. Baby now has more mobility, is very curious, and everything goes into his/her mouth. DANGEROUS ITEMS ARE: drain cleaners, dishwasher detergents, furniture polishes, paint thinner and turpentine, medicines, and balloons. Keep purses out of baby's reach. Water buckets are dangerous as baby can pull up on them and fall in. Keep toilet lids closed. Keep electrical outlets covered and all cords out of sight; baby could chew on them. Watch stairs. Learn the Heimlich maneuver in the event of your baby choking (contact your local hospital or Red Cross for classes). Do not leave baby unattended in the

bathtub. Babies can drown in 1 inch of water. Watch out for poisonous plants indoors or outdoors. Have the POISON CONTROL CENTER number readily available. 1-800-222-1222.

Ensure that your child's car seat is installed correctly in your vehicle and that your child has been properly restrained. Your child should remain rear-facing until the age of 2 years.

IMMUNIZATION:

Catch up vaccines for any missed vaccines from previous visits.

FREQUENT CONCERNS:

- 1 Appetite is normally decreased.
- 2 Acting independent or obstinate is normal.
- 3 Set limits. Baby needs to know what is allowed and what is not allowed. Be consistent.
- 4 Having problems with going to sleep is normal.
- 5 Nighttime waking is normal. Comfort, but do not feed, rock, or take baby to bed with you.

NEXT VISIT:

See you at twelve months of age. Your baby will receive MMR, Hepatitis A and Prevnar #4 and Varicella (chicken pox).

ADDITIONAL INFORMATION ON CHOKING

Common foods and other items which may cause choking problems under 3 years old:

FOODS:

- Hot dogs
- Chunks of meat
- Grapes
- Hard candy or M&M's (regular or peanut)
- Peanuts and other nuts
- Popcorn or cracker jacks
- Raisins
- Chunks of raw fresh fish
- Raw carrots or celery
- Marshmallows
- Whole kernel corn
- Frozen peas
- Chewable vitamins

OTHER OBJECTS:

- Small toys
- Modeling clay
- Crayons
- Coins
- Buttons
- Small rubber balls
- Balloons
- Marbles
- Diaper pins

Older children may eat hot dogs if cut into strips rather than into circles. Creamy peanut butter may be eaten on a sandwich with jelly—never alone. Grapes may be slivered. Fresh fruit may be scraped, and the pulp served rather than chunks. Before serving any food, the child should be sitting well in a highchair and able to self-feed with a good pincer grasp.