



A Member of  
**Valley Children's Medical Group**

www.fresnochildrens.com

## Well Child Care, Nine Months

**Name:** \_\_\_\_\_ **Doctor:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**WT:** \_\_\_\_\_ **HT:** \_\_\_\_\_ **HC:** \_\_\_\_\_ **Age:** \_\_\_\_\_

The following is our recommended well child visits and immunizations schedule. Typically, the 6, 12, and 18 month well visits are conducted by one of our pediatric nurse practitioners.

	1 wk	1 M	2 M	4 M	6 M	9 M	12 M	15 M	18 M	2 Y
Hepatitis B		X	X			X				
** (DTaP) Diphtheria, Tetanus, Pertussis, Polio, H. influenzae b			X	X	X			X		
Pneumococcal			X	X	X		X			
** (MMR) Measles, Mumps, Rubella								X		
Varicella							X			
Hepatitis A							X		X	
Rotavirus (by mouth)			X	X	X					

\*\*combination vaccine

These are guidelines only. Changes may be made to meet the needs of your child. Vaccine Information Sheets are available on our website [www.fresnochildrens.com](http://www.fresnochildrens.com) in the Health Information tab.

### NUTRITION

- Gradually increase the variety and amount of table foods.
- Encourage your baby to feed himself/herself and to drink from a cup.
- Wean from the bottle.
- Supervise your baby carefully while he is eating.
- Avoid giving foods that could be inhaled or cause choking such as uncooked firm vegetables, nuts, or seeds.
- Do not give regular milk, or egg whites during the first year.
- Juice is not necessary, but the maximum amount of juice each day is two ounces diluted with two ounces of water from age nine months to two years. Use a cup, not a bottle.
- Do not give food your baby can easily choke on such as nuts, seeds, popcorn, raw vegetables, peanut butter, meat sticks, and hot dogs.
- Always watch your baby closely while he is eating.
- To reduce the risk of peanut allergy, the American Academy of Pediatrics recommends introducing small amounts of peanut butter smoothed into pureed fruits or vegetables to infants at 6 months of age, after successful ingestion of other pureed foods. (If your infant has severe eczema, talk to your provider before introducing peanut).

### INFANT CARE

- Clean your baby's gums and teeth daily. Use a clean moist wash-cloth to wipe the gums, and soft toothbrush to clean the teeth.
- Avoid middle of the night feeding or consoling, rather allow your baby to console himself back to sleep.

- To help with your baby's language development, talk to your baby as much as possible and get picture books to share with your baby.
- For outside activities, get comfortable soft shoes with nonskid sole or sneakers

### **DEVELOPMENTAL MILESTONES**

- Gets to sitting position without assistance.
- Crawls forward.
- Pulls self up to stand.
- Can grasp items between index finger and thumb.
- Feeds self with fingers.
- Imitates vocalization.
- May say dada or mama nonspecifically.
- Shy or anxious with strangers, your infant may be more apprehensive during a visit to our office and this is normal for his age.
- Stranger anxiety is one of the first emotional milestones; Even relatives with whom your infant used to be comfortable with may cause anxiety.
- Cries when mother or father leaves.
- Tests parental responses to his behavior.
- Security objects, such as blankets, are part of an emotional support system every child needs in his early years. These special objects are called "transition" objects because they help the child make transition from dependence to independence. He will gradually give up transition object as he matures and finds other ways to cope with anxiety.

### **INJURY & ILLNESS PREVENTION**

- For car seat information visit [www.safercar.gov](http://www.safercar.gov).
- It is recommended that baby sleeps in their own crib in parent's room until one year of age.
- The back middle seat is the safest place for children
- Learn emergency procedure for choking and CPR.
- Do not leave your baby alone in a tub of water or on high places such as changing tables, beds or chairs.
- Empty buckets, tubs, or small pools immediately after use.
- Do not give your baby plastic bags or latex balloons.
- Install safety devices on drawers and cabinets.
- Remove all dangling telephone, electrical, blind, or drapery cords in your home.
- Childproof your electrical sockets.
- American Academy of Pediatrics recommends not to use baby walker, but may use a push toy.
- Second-hand smoke exposure, of all sources including vapor devices, is linked to a higher incidence of ear infections, respiratory illnesses, and asthma. For information on smoking cessations go to [www.lungusa.org](http://www.lungusa.org) (the American Lung Association Website) and click on "Quit Smoking" tab on the top menu.

**This and other information is on our Website at [www.fresnochildrens.com](http://www.fresnochildrens.com).**