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Well Child Care, Nine Months

Name: _____ Doctor: _____ Date: _____

WT: _____ HT: _____ HC: _____ Age: _____

Recommended Well Child Visits

1wk 1m 2m 4m 6m 9m 12m 15m 18m

Immunizations are given as follows:

- Hepatitis B:** Three vaccinations in the first year.
- Diphtheria, tetanus, pertussis (DTaP):** given at 2, 4, 6, 15-18 months, and upon school entry.
- Polio:** given at 2, 4, 12-18 months, and upon school entry.
- Haemophilus influenzae type B (Hib):** given at 2, 4, 6, 15-18 months.
- Pneumococcal:** given at 2, 4, 6, 15-18 months.
- Measles, mumps, rubella (MMR):** given at 12-15 months and at school entry.
- Varicella (Chicken Pox):** given after 12 months.
- Hepatitis A:** Two vaccinations after 12 months.
- Tuberculosis skin test (PPD):** given with entry into daycare, preschool, and/or kindergarten.

These are guidelines only. Changes may be made to meet the needs of your child.

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, honey, olive oil, mineral oil, wheat, citrus, or egg whites during the first year
- 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.

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. Do not use toothpaste yet
- 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
- Cries when mother or father leaves
- Tests parental responses to his behavior

INJURY & ILLNESS PREVENTION

- Continue to use rear-facing infant safety seat in back seat of car until your infant is twelve months old **AND** twenty pounds
- The back 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 dangling telephone, electrical, blind, or drapery cords near your baby's crib or play areas
- Childproof your electrical sockets
- American Academy of Pediatrics recommends not to use baby walker, but may use a push toy
- Second-hand smoke exposure is linked to a higher incidence of ear infections, respiratory illnesses, and asthma. For information on smoking cessations go to 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. If you do not have access to the internet, please call our office to have them mailed to your home.