



M E D I C A L G R O U P

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Well Child Care, Nine Months

Name: _____ Doctor: _____ Date: _____

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

| | 1 wk | 1 M | 2 M | 4 M | 6 M | 9 M | 12 M | 15 M | 18 M | 2 Y |
|---|------|-----|-----|-----|-----|-----|------|------|------|-----|
| Well Visits | X | X | X | X | X | X | X | X | X | X |
| 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

During the nine month well child care visit we perform an in-office test for hemoglobin level. This checks for anemia. 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 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, honey, olive oil, mineral oil, wheat, citrus, 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.

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

- All infants and toddlers should ride in a rear-facing car safety seat until they are 2 years of age or until they reach the highest weight and height allowed by their car safety seat’s manufacturer.
- 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.