



HERITAGE
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Dr. Fitch's 9 month Well Baby Handout

Name: _____ Date: _____

Weight: ____ lbs ____ oz (____ %)

Height: _____ in (____ %)


Head: _____ in (____ %)

Tylenol dose: _____ tsp or _____ ml (infant or children's)—4 hours

Ibuprofen dose: _____ ml (infant) / _____ tsp or _____ ml (children's)—6 hours

Benadryl dose: _____ tsp or _____ ml—every 4-6 hours

THINGS TO DO:

- Call to schedule your infant's 12 month well baby visit (call 4-6 weeks ahead). ***The 12 month visit has to be on or after your toddler's birthday. Shots can't be done the day before.***
- Call to set up 2nd flu shot in one month if your infant got the first today.
- We recommend that parents get a yearly flu vaccine as well. It's hard to parent when you are down with the flu for a week. We offer the flu vaccine if you would like to get it here.
- Visit our website: www.heritagepediatrics.com for news, announcements, educational materials, health recommendations, and information about our office. Check out my page under the physician tab.
- Follow us on Facebook!! 

FEEDING:

- Your infant can still get all their nutrition from breast milk or formula until they are a year old.
- However, I refer to this visit as the transition visit. Your infant is transitioning from getting all of his / her nutrition from breast milk or formula to getting most of his / her nutrition from solid food by the time they are 12 months.
- You should be working towards 3 meals a day plus or minus a mid-morning or mid-afternoon snack. Remember, this is not the tomorrow goal but the 3 month from now goal.
- At this age, all foods are fine with the following exceptions:
 - **Choking foods**—You will want to avoid small hard foods (like peanuts and popcorn) or large foods (like a large piece of steak) or slick foods (like a whole grape or large piece of hotdog).
 - **Allergenic foods**—Milk is the only official food that is recommended to wait on until 12 months of age. It is ok to introduce milk products (cheese, yogurt).
 - It is now officially recommended to introduce peanut butter between 4 and 11 months. A large study in England confirmed smaller studies recommending the early introduction of peanut butter.
 - Though there are no large studies that I know of, the American Academy of Pediatrics says there is no need to avoid shell fish or eggs until the first year of life.



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- However, I have historically recommended waiting on egg whites til 12 months (remember the “y”s yes to yolks—egg whites are the more allergenic part of eggs, so remember the “w”s wrong to whites.). If you have already introduced egg whites, it’s ok to continue.
- Avoid honey until after 12 months old
- Though some infants are on all table food by 9 months, some aren’t ready for table food due to a sensitive gag or just a preference until 12 to even 15 months.
- Meal time should be family time. Discourage “grazing behaviors” by having set meals and if able, have all members of family eat together.

WET & DIRTY DIAPERS:

- Diapers should still be wet with most changes. Dirty diapers usually happen once or twice a day, but can still be very infrequent (every 3-5 days).
- Once you begin solid food, the stool will probably have more texture. If your infant strains more to pass these, but they are still soft, this is normal. They are just learning to relax the bottom muscles with this increased texture.
- If your infant is really straining, having hard little balls, or you see blood, we will introduce measures to soften the stool. This may include a little watered down juice, moving to fruit in the diet, or adding a stool softener to a bottle or baby food.
- Please call our office if bowel movements become a problem.

SLEEP:

- Most infants are sleeping through the night by 9 months.
- If your infant is well during the day, has fed well all day long (with good wet diapers), and is easy to console at night when they wake, I give you permission to let them cry for 15, 20, 30, 45, 60, 90 minutes, even 2 hours for 3 or 4 nights.
- If the 4th night is no better than the 1st night, I would go back to feeding your infant and you can try this process again in 1-2 weeks.
- Though it is certainly ok to go in and check on your infant, I think the quickest (not easiest) way to help them sleep through the night is this cold turkey approach. Since most infants give in by the 3rd or 4th night, I think Thursday night is a good night to start this training process as most will be sleeping by Sunday evening.
- As hard as it is to listen to your infant cry at any age, as I have mentioned since 4 months, it’s easier to let them cry when they are younger since they develop more of a will and will cry longer until they fall asleep when they are older.
- The habit forming age began at 3-4 months when your infant learned they get their way if every time they cry we run to pick them up.
- Even if your infant feeds well during the night, they may not be hungry. He / she may just be in the habit of eating in the middle of the night. So, working on sleep at this age is really just the beginning of discipline which means training.
- I know this is hard. So remember, I am not telling you to do this, but just giving you permission. But, please know I have used this method with my own children.



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- Also, remember the importance of a bedtime ritual (such as reading a story, singing a song, bedtime prayers, etc.). It should not be too long (about 20 minutes), and more importantly the child should not fall asleep during the bedtime ritual. If your baby goes to sleep in your arms occasionally, that's fine, but try to place him in the crib awake for bedtime and naps.
- Keep their room dark, dark, dark when they sleep and make their room/ house bright, bright, bright when they wake up (this, and a consistent sleep schedule, will help to set their circadian rhythm).
- Most are moving from 3 naps to 2 naps by 9 months.

PLAYTIME:

By now, your baby is likely getting around a little by rolling, crawling or scooting. Some may even be pulling to stand. Make sure you provide a safe environment for exploration. Set simple rules and limits. Offer age appropriate toys. Play music, games and read to your baby.

IMMUNIZATIONS:

Your infant will receive 1 or 2 vaccines today:

- (1) **Hep B #2** (Hepatitis B)
- (2) **Flu** (preservative free influenza)

- Just as I mentioned at the 2 week visit, there are no side effects from the Hep B.
- The only new vaccine (unless you got the first one between 6 and 8 months) is the flu vaccine (if it's during the season to administer flu shots). Though we recommend a universal flu vaccine for all our patients, those under 2 years are at the greatest risk for hospitalization and secondary infections resulting in antibiotic administration. We use the preservative free flu vaccine for all our infants. The first year you get the flu vaccine you get 2 shots a month apart. If today was the first flu vaccine, schedule your infant to return in 1 month for the second flu vaccine.
- There is no need for Tylenol if we are just doing Hep B, but if we are giving a Flu vaccine today, you may want to give Tylenol every 4 hours while awake.

DEVELOPMENT:

- Most can scoot, crawl, pull to a stand and are beginning to cruise (Gross motor development is variable. My first child was mobile at 6 months and walking at 11 months. My second child didn't crawl until 12 months and walk until 18 months). We'll talk at the visit, but if he / she has a normal hip exam and is developing gross motor skills in the typical sequence, just slower, this is not a concern.
- Beginning to use a pincer grasp.
- Transfers objects from one hand to another.
- Beginning to make consonant sounds (mama and dada).
- Responds to his / her name.
- Engages (smiles) when you do peek-a-boo or patty cake.
- Begins to show parent preference (can develop any time after 6 months).
- Begins to show separation anxiety (can develop any time after 6 months).



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- Object permanence (remembers things exist even when he / she can't see them—will look for a toy you hide behind your back; this contributes to separation anxiety and can effect sleep at night).

DENTAL CARE:

- Once a day, wipe your baby's gums and teeth with a soft cloth, especially at night before bed. As the teeth erupt, you should start getting the baby familiar with a toothbrush. Toothpaste is not necessary right now.
- We are recommending **Fluoride** application once teeth erupt (we will apply in the office). After studying the recommendation (apply every 3-6 months), I'm convinced it's safe and it's cheap (pennies). If it has the potential to prevent a cavity in an infant or toddler (which would require sedation to fix), I think it's worth it.

SAFETY:

Accidents kill more infants in the first year of life than any other cause. Keep your baby safe by following a few recommendations.

(1) Childproofing - Now that baby is becoming more independent and mobile, parents must be aware of and limit the possibility of accidents in the home.

- Remove breakable and small objects on the floor and on low tables.
- Cover electrical outlets and remove dangling electrical cords from baby's reach.
- Choose toys carefully! Avoid small pieces or removable parts that can be swallowed.
- If the toy can fit in a toilet paper roll, it's too small.
- Never leave alone in bathtub or near open water.
- Test water temperature (with inside of wrist or elbow) before placing infant in tub.
- Keep all cleaning products and medications out of reach and in a locked cabinet.
- Use gates on stairways (top and bottom).
- Do not leave baby unattended on any high surface.
- Move household plants out of reach.
- Lower the crib mattress before he can sit up.
- Avoid baby walkers.

(2) Car Safety - You may be thinking your infant is outgrowing his infant car seat. Check the manufacture's recommendation on weight and length. If your baby is on the large size, you may want to look at purchasing a convertible car seat.

Make sure you purchase one that is approved for rear-facing for this age and forward facing after age two.

- Remember, the infant should be placed in the **back seat** with the car seat **rear-facing** until your child is **2 years of age**.

(3) Sunburns

- Make sure your baby is wearing protective clothing when outdoors and exposed to sun.
- Cover their head with a hat.
- It is safe to use infant sunblock for protection. Avoid placing around the eyes and wash off when out of sun exposure.

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Poison Control:
(800) 222-1222

Clinic Hours:

Monday – Friday AM:
8:00 am - 12:30 pm / 1:30 pm - 4:30 pm

Friday PM & Saturday AM Urgent Care Clinics:
1:30-4:30 pm & 8:00 am until last patient is seen