



7959 Broadway, Suites 600 & 604
San Antonio, Texas 78209
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Dr. Hall's 9 Month Old Well Baby Check-up

Weight: ___lbs___oz (___%)
Height: _____in (___%)
Head: _____in (___%)

Thank you for choosing us as your child's Primary Care Provider. We look forward to serving you and your baby. Below you will find some helpful information.

IMMUNIZATIONS

By now, your baby should have had 3 sets of shots. He/she will not receive any vaccines today unless he/she is not up to date.

DEVELOPMENTAL MILESTONES



- Responds to own name
- Understands a few words
- Babbles, imitates vocalizations
- Crawls, creeps or scoots
- Shakes, bangs, throws and drops objects
- Feeds self with fingers
- Sleeps through the night
- Starts to drink from a cup

THINGS TO DO

- Get immunizations if not up to date.
- Call to schedule 12 month well baby visit (call 3-4 weeks ahead)

NUTRITION



It is important that you continue to feed your baby breast milk or iron-fortified formula for the entire first year of life. By now she should be eating solid food at least twice daily. It is fine to start offering table foods if you have not done so already. Introduce soft, moist table foods gradually. Suggestions include tuna, cooked mashed vegetables, pasta, noodles, bananas and pears.



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Other feeding tips:

Baby will develop new skills. Encourage baby to pick up finger foods to feed self as his grasp gets neater. Some good examples are toast cut into strips, crackers, fresh bananas, and pears.

Meal time should be family time. Discourage “grazing behaviors” by having set meals and if able, have all members of family eat together.

Avoid honey until after 12 months old

Avoid round, hard foods like peanuts, popcorn, hot dogs that could get caught in the baby’s airway.

When giving juice, dilute with water and offer from a regular or a “sippy” cup. Only breast milk or formula should be offered from the bottle.

DENTAL CARE

Once a day, wipe your baby’s gums and teeth with a soft cloth. As the teeth erupt, you should start getting the baby familiar with a toothbrush. Toothpaste is not necessary right now. It is important that baby is exposed to some fluoride supplementation after age 6 months. This may be in the water source, in bottled water or given as a supplement. Talk with your doctor about your baby’s need for fluoride.

PLAYTIME / SLEEPTIME



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 you baby.

Make sure you are continuing to provide an established bedtime routine for your baby. Help your baby to learn to put himself to sleep by laying him in his crib while still awake. This will allow him to return to sleep without your presence should he awaken in the middle of the night.

Most babies still need 2 naps during the day. Over the next 3 months, many babies will transition to one longer nap. However, realize that all babies are different, some may sleep 12 hours at night and others only 9 or 10.



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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
- 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 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 baby is wearing protective clothing when outdoors and exposed to sun
- Cover head with 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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IMPORTANT CONTACT INFORMATION

Dr. Hall's clinic: 826-7033

Monday – Friday 8:30–5:00*

Sat. 8–12 – sick visits only

VACCINE ONLY HOURS:

9–11am and 2–4pm M–F

*Office closed for lunch from
12:30–1:30

*After Hours: When you call our offices after normal hours, you will get the option of speaking to a nurse.

*WIC: 225-0213 (San Antonio area information)

*Poison Control: 1-800-222-1222

www.AAP.org

(American Academy of Pediatrics – lots of parent hand-outs/information)

WE RECOMMEND USING:

✓ Methodist Children's Hospital
(7700 Floyd Curl Drive – Medical Center) for emergency room needs. Contact (210) 575-7000.

✓ For urgent after hours care:
Night Light Pediatrics @ 19272 Stone Oak Pkwy – contact (210)545-7581
open evenings until 11:00 pm (10pm summer)

Red Fish, Blue Fish Pediatrics @ 1207 N.
Loop 1604 W, Ste. 115, (210) 479-3474

Little Spurs Ped. Urgent Care (5 locations)
(210) 543-7334