

9-11 MONTH WELL CHILD VISIT

WT: _____, _____% HT: _____, _____% HC: _____, _____%

Fluoride Today: yes no

DIET

Formula or breast milk is your baby's most important "food" until 12 months of age. Max formula 32 oz/day

1. After introducing solids - add 1 new food no more than every 4 days, by spoon only.
2. At first feed twice daily but after 6 months increase to 3 meals daily.
3. The progression to each food group and then to table food is as follows:
 1. Cereal alone until 5 months of age (4 TBSP. mixed with formula or breast milk)
 2. Then from 5-9 months introduce pureed food in this order: yellow /orange vegetables --- simple fruits (apples, pears, banana, peaches) ----green vegetables----dairy (yogurt, cottage cheese, ricotta cheese) ----- starches (potatoes, pasta, beans, lentils)---egg yolk
 3. At 9 months meats, fish, and start transitioning to more table foods, cut up to baby's pinky nail size.
 4. At 11-12 months feed table food, including, whole eggs, cut up to the size of baby's pinky nail.
4. No honey until 12 months.
5. No juice ever - not even 100% juice. Juice leads to childhood obesity and cavities.

VACCINES GIVEN: HEP B#3 _____

- If vaccines are given, Vaccine Information Sheets (VIS) are available for review on our web site pcpmds.com under "forms and handouts." There is one VIS statement for each vaccine given and some are available in both Spanish and Creole. They have also been sent to your own personal portal account. Laminated copies are available for your review in the office.
- Note: If your child received vaccines today, all vaccines may cause tenderness and irritation at the injection site that should last no more than 48 hours. A lump may form at the injection site that may last for a few months. Acetaminophen and ibuprofen may be used if absolutely needed, since their use may decrease the effectiveness of the vaccine. Please call us for fever or tenderness lasting more than 48 hours or for a fever greater than 102.5 degrees.
- These mild reactions may be treated with either:
- **acetaminophen** 160/5ml () ml every 4 hours as needed or **ibuprofen** 100mg/5ml () ml every 6 hours for fever > 101

GENERAL MEDICAL CARE

- **Pacifiers** are recommended until 12 months of age to prevent sudden infant death syndrome.
- **Nighttime feedings** are no longer needed. If your baby awakens during the night, let him/her cry and do not interact with the baby. You should however, check on him/her every 15 minutes while he or she is crying. After a few days to 2 weeks your baby will learn to self soothe and fall back to sleep.
- Protect your baby from the sun; use **sun block** (SPF 30) and protective clothing while outside.

SAFETY

- **Falls:** your baby is becoming more mobile: use gate, remove or cover sharp edges on furniture. NEVER leave your baby unattended on a sofa, bed, changing table, etc. Use a safety harness in high chairs, strollers, shopping carts, and swings.
- **Burns:** Never carry your baby and hot foods at the same time. Also, keep all hot items away from your growing baby's grasp. Make sure smoke detectors are installed in your home and check the batteries to make sure they are working properly.
- **Poisoning:** Make sure the poison control phone number, 800-222-1222, is in all cell phones of ALL caregivers. Use safety latches. Lock up all substances with warning, caution, or poison labels on them.
- **Choking:** Remove all small objects from your baby's environment. Learn CPR.
- **Drowning:** Never leave your baby without an adult's hand physically on him or her around any water.
- **Car:** Never travel without your baby in a car seat, properly installed, in the rear seat, facing backwards.

SOCIAL / DEVELOPMENT

- **Read, Sing, and Talk** to your baby daily. This will help with his or her language and mathematical development.
- Babies do not need to watch TV. Your child's habits are forming already!! TV and video games may actually decrease your child's intelligence.