

**9-11 MONTH WELL CHILD VISIT Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**WT:** \_\_\_\_\_, \_\_\_\_\_% **HT:** \_\_\_\_\_, \_\_\_\_\_% **HC:** \_\_\_\_\_, \_\_\_\_\_%

**DIET**

- Formula and breast milk are your baby’s most important “food” until 12 months of age.
- Avoid fruit juices. Give water instead. Do not give meat or meat dinners until 9 months.
- Increase the texture of your baby’s food by using more table foods. Table foods must be cut into pieces no larger than the tip of your baby’s pinky fingernail. Avoid raw carrots, hot dogs, and pretzel nuggets.
- Lean meats may be introduced at this time either by grinding your own table food or from the jar.
- By 12 months your baby should be off all pureed foods and be eating only table foods.

**VACCINES:** Hepatitis B Vaccine / review

Tylenol Dose: infant (80mg/.8ml) \_\_\_\_\_ml every 4 hours Motrin/Advil Children’s syrup (100 mg/ml) dose: \_\_\_\_\_ml. every 6 hours.

**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** 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 babies grasp. Make sure smoke detectors are installed in your home and check the batteries to make sure they are working properly.
- **Poisoning:** Lock up/remove all materials in your home with any caution, warning or poison labels. In case of questionable ingestion, call the Poison Control @ 800-222-1222.
- **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.

**FOLLOW-UP**

- Your baby’s next well child visit is at **12 months of age**. Make your appointment today. **Note:** It must be after your baby’s first birthday!!

**DO NOT FORGET TO TAKE THE BF 12 MONTH SURVEY ON OUR WEB SITE BEFORE YOUR NEXT VISIT**

DATE \_\_\_\_\_ TIME \_\_\_\_\_ MD \_\_\_\_\_ REASON \_\_\_\_\_

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