PEDIATRIC HEALTH CARE

NINE MONTH EXAM

WEIGHT:	LBS	OZ.	LENGTH:_	IN.	HEAD CIRCUMFERENCE:	IN
		%		%	-	%

FEEDING:

Breast milk or formula is recommended until one year of age.

JUNIOR FOODS: When your baby is sitting well in a highchair, you may introduce junior foods. At this time, you may offer teething cookies and hard toast. Baby must have developed a fine pincer grasp before you do this (be able to grasp a small object between thumb and forefinger). Always supervise a baby with food. Graham crackers or club crackers are a great start.

TABLE FOOD: After junior foods are tolerated, you may offer soft table foods like cottage cheese, yogurt, spaghettios, toast, table vegetables, frozen fish fillets, soft meat such as chicken or hamburger cut up very fine. French toast, pancakes, and scrambled eggs are good breakfast items. First offer egg yolk before offering the whole egg. If there is a history of egg allergies, ask us before starting eggs.

Parents should offer infants who are either breastfed or consuming less than 1 liter (just under 1 quart, or 33.8 ounces) of infant formula per day to give their infants an oral Vitamin D supplement. You may find this in your infant multivitamin (Trivisol with iron or Polyvisol with iron).

Fluoridated toothpaste is recommended for all children starting at tooth eruption, regardless of caries risk. A smear (the size of a grain of rice) of toothpaste should be used up to age 3. Parents should dispense toothpaste for young children and supervise and assist with brushing. Aim for a goal of at least 6 oz of city water from your tap daily to help achieve maximum protection against dental caries. If your baby is only on breast milk or you have well water, please notify us.

DEVELOPMENT:

- 1. Baby starts creeping, crawling, pulling to stand, cruising (walking along furniture), crawling up stairs, playing peek-a-boo or pat-a-cake, and waving good-bye. Baby may begin saying sounds like mama, dada, baba. Boys are sometimes slower than girls.
- 2. Time to get rid of the pacifier! Ask us if you need help.

SAFETY:

Safety is of prime concern. Baby now has more mobility, is very curious, and <u>everything</u> goes into his/her mouth. DANGEROUS ITEMS ARE: drain cleaners, dishwasher detergents, furniture polishes, paint thinner and turpentine, medicines, and balloons. Keep purses out of baby's reach. Water buckets are dangerous as baby can pull up on them and fall in. Keep toilet lids closed. Keep electrical outlets covered and all cords out of sight; baby could chew on them. Watch stairs. Learn the Heimlich maneuver in the event of your baby choking (contact your local hospital or Red Cross for classes). Do not leave baby unattended in the bathtub. Babies can drown in 1 inch of water. Watch out for poisonous plants indoors or outdoors. Have the POISON CONTROL CENTER number readily available. 1-313-745-5711 or 1-800-POISON-1

Please let us know if your child has a high risk of lead exposure: lives in a house built before 1978, exposed to old peeling/chipped paint, he likes to put non-food items in his mouth (such as jewelry, keys, dirt, etc.),

he has a parent whose job or hobby involves lead exposure, or he has a sibling or playmate who has been treated for lead poisoning.

Ensure that your child's car seat is installed correctly in your vehicle and that your child has been properly restrained. Your child should remain rear-facing until the age of 2 years.

IMMUNIZATION:

Hepatitis B vaccine #3

PROBLEMS/CONCERNS:

- Appetite is normally decreased.
- 2. Acting independent or obstinate is normal.
- 3. Set limits. Baby needs to know what is allowed and what is not allowed. Be consistent.
- 4. Having problems with going to sleep is normal.
- 5. Nighttime waking is normal. Comfort, but do not feed, rock, or take baby to bed with you.

NEXT VISIT:

See you at twelve months of age. Your baby will receive MMR, Hepatitis A and Prevnar #4.

Enjoy your baby's new skills. Have a great birthday party and, as someone famous once said, "Let them eat cake!"

ADDITIONAL INFORMATION ON CHOKING

Common foods and other items which may cause choking problems under 3 years old:

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FOODS	c	OTHER OBJECTS	
hot dogs		small toys	
chunks of meat		balloons	
grapes		buttons	
hard candy or m&m's (regular or peanut)		crayons	
popcorn or cracker jacks		diaper pins	
raisins		coins	
chunks of raw fresh fish		modeling clay	
raw carrots or celery		marbles	
peanuts and other nuts		small rubber balls	
marshmallows			
whole kernel corn			
frozen peas			
chewable vitamins			

Older children may eat hot dogs if cut into strips rather than into circles. Creamy peanut butter may be eaten on a sandwich with jelly—never alone. Grapes may be slivered. Fresh fruit may be scraped, and the pulp served rather than chunks. Before serving any food, the child should be sitting well in a highchair and able to self feed with a good pincer grasp.

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