

PHOENIX PEDIATRICS LTD

602-242-5121

Well Child Check (WCC) – Nine (9) Month Visit

Date: _____

Name: _____

Age: _____ Weight: _____ Height: _____

Feeding

Your baby should continue having breast milk or infant formula until he is 1 year old. Most babies now take 6 to 8 ounces of formula 4 times a day. Offer whole milk from a cup now. Finger foods can be started and include Cheerios, French fries, Jell-O, bread. Slices of fruit and soft cheese. You can begin adding soft meats to your child's diet. Feeding time may be somewhat messy, since food seems to exist not only to be eaten but also to be felt with the hands, smeared on the face and dropped on the floor. Avoid egg whites, honey, shellfish and peanut butter until 12 months of age.

Start whole milk by giving it once a day. As your baby gets used to the whole milk, wean formula off. By one year of age, your baby should drink no more than 24 ounces of milk a day. This is a good time to begin weaning from the bottle. Never allow your baby to keep the bottle between meal times. If you find it necessary to leave a bottle in bed, fill it only with tap water – nothing containing any form of sugar. Find something else that helps comfort your baby. Your child should be off the bottle completely by 15 months of age.

Teething

By now, many children have 2 or more teeth. After meals and before bedtime, try to wash off the teeth with a clean cloth. Try to make this a fun time for your baby.

Pacifiers

It is easier to wean your baby from the pacifier now. We'd like to have her off the pacifier also by 15 months of age.

Development and Behavior

Babies are starting to pull themselves up to stand. Walking ability varies widely with age. Your baby may walk with one hand held, or even with no support, or he may not start taking steps for another few months simply because he's not ready to. Shoes are only necessary to protect your baby's feet from the surface he walks on. They are not necessary for support or strengthening muscles. We suggest you not buy shoes until your child is walking outdoors.

At this age, babies learn what "no" means. Say "no" calmly and firmly and either take away the item that your child should not be playing with or remove him from the situation. If your child continues to do what you told him not to do, you can put your baby in a playpen for 1 minute without any toys or attention from you. It is a good idea to be both gentle and firm in control.

Give your baby a choice of toys. Talk to him about the toy he chooses and what he is doing with the toy. Peek-a-boo is a favorite game. Lots of reading and talking to your baby are important for speech development.

Nine month olds have a lot of energy and it requires a lot of energy to take care of them. Make sure you get enough rest. Ask friends and family for help so you can take a break and rest. If you are rested, you will be better able to take care of your child.

Sleep

A regular bedtime hour and routine are important. Babies enjoy looking at picture books. You may want to read one regularly with your child. A favorite blanket or stuffed animal may help your baby feel secure at bedtime. Never put your baby in bed with a bottle. Put your baby to bed awake, but drowsy. It is common for babies to wake up during this age. Check to make sure he is okay and allow him to put himself back to sleep.

Car Safety

If your child reaches 20 pounds and is still riding in an infant seat, it is time for a new car seat. Some car seats can convert from a backward-facing infant seat to a forward-facing toddler seat. Carefully follow the manufacturer's instructions when installing new or converting old car seats for your child. For more information you can call the National Highway Traffic Safety Administration at 1-888-327-4236 or check the website (<http://www.nhtsa.dot.gov>). Your baby needs to be rear facing until 20 pounds and 12 months of age.

Fever or Pain

Offer _____ mg acetaminophen (Tylenol) every 4 to 6 hours as needed for pain and/or fever.

Next Visit

Your baby's next routine visit should be at the age of 12 months. Please bring your shot record.