



FAMILY MEDICAL CENTER

One Professional Plaza
Rexburg, ID 83440
208.356.9231
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Name: _____

Date: _____

Weight: _____ Length: _____

Well Care At 9 Months

HEALTH ISSUES

- Breastfeed or use an iron fortified formula.
- Supervise all feedings. Do not put bottle in bed with baby or prop the bottle in baby's mouth.
- Transition from a bottle to a sipping cup for feedings of formula. Plan to stop bottle before 12 months.
- Offer soft, mushy finger foods.
- Know how to use a thermometer to take a rectal temperature.
- Avoid direct sun exposure. If necessary, use a sunblock - SPF 15-30.
- Continue fluoride supplement if recommended by your doctor.
- Use a vitamin supplement (Vitamins A,D,E,K) recommended by your pediatrician if you are exclusively breastfeeding.

SAFETY ISSUES

- Continue safe car seat use. Read instructions for proper installation.
- Place baby on his or her BACK for sleeping.
- Always keep a hand on your baby when lying on a changing table, bed or sofa.
- Turn the hot water heater in your home down so the hottest water you can get from the faucet is 120 degrees.
- Install and test your smoke detector in or near your baby's room.
- Childproof your home (poisons, medicines, guns, plastic bags, sharp objects, cords, outlets, cigarettes, hot liquids, latches on cabinets).
- If you haven't yet, purchase a bottle of Activated Charcoal to have on hand in case of ingestion of a poison.
- Do not use baby walkers. They are associated with serious injuries. The only acceptable substitute is a non-moving play station that baby can sit in.
- Avoid choke hazards (peanuts, popcorn, hard candy, whole grapes, raisins, carrot sticks, small toy pieces).

YOUR BABY SHOULD...

- Respond to his or her own name.
- Continue to babble and understand the meaning of a few words.
- Crawl or scoot, sit up, and possibly start cruising or walking (9-15 months).
- Shake and throw objects, often putting objects in mouth.
- Pick up small objects in palm of hand, starting to oppose thumb with index finger.
- Get his or her first tooth within next 3 months (if not already).
- Have bowel movements at least once every 3 days if formula fed, once every week if breast fed.

YOU SHOULD...

- Hold, cuddle and rock baby.
- Talk (in adult manner) and sing regularly to baby.
- Continue to read books to baby.
- Play pat-a-cake and peekaboo with baby.
- Use distraction as a discipline tool.
- Limit the number of rules, but be consistent with them.
- Have a bedtime routine and put baby to bed awake.
- Offer comfort objects (stuffed animals, blanket).
- Spend time alone with your spouse - one of the best thing you can do for your baby is to maintain a quality relationship with your spouse.

For Fever: (> 101°)

Acetaminophen

15 mg/kg or 1
dropperful every 6
hours as needed
or

Ibuprofen (not Aspirin)

10 mg/kg every 6
hours as needed

For Congestion:

Saline nose drops,
suction with bulb
syringe

Important Numbers

Poison Control
1-800-222-1222

Call us if your child:

- Has a fever that persists for more than 48 hours
- Has trouble breathing
- Is vomiting for more than 24 hours
- Is excessively sleepy or lethargic
- Has persistent abdominal pain
- Has bloody stool or urine