

**TODAYS'S VISIT: 9-11 MONTH WELL CHILD****NEXT VISIT:** \_\_\_\_\_

Please familiarize yourself with our website [www.pcpmds.com](http://www.pcpmds.com). On the site you will find all surveys that must be completed BEFORE each scheduled visit, as well as a variety of information on nutrition, psychosocial issues, and common diseases and treatments. In addition, you will be able to access the complete medical record, including vaccines, office visits, medications and growth charts. You may even request referrals, medication refills and future non-urgent appointments. Vaccine information statements are available on our web site under patient forms, as well as in the office. Prior to your next appointment, you will receive a text message to confirm your appointment. You will also receive an email to register yourself to the patient portal if not already registered. A follow-up email will be sent to the email on file to complete all survey (s) that pertains to your upcoming appointment. Please complete the survey(s), so that your provider can review them prior to your appointment. For assistance please call the office prior to your appointment.

**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
- Add 1 new food no more than every 4 days, **by spoon only**. Baby should be fed solids 3 times a day.
- No honey until 12 months. **No juice ever** – not even 100% juice. Juice leads to childhood obesity and cavities.
- **The food progression is as follows:**
  - \* Always start with **cereal alone**. (4 TBSP. mixed with formula or breast milk) Again by spoon only, not in the bottle unless we tell you to do that.
  - \* **5-9 months** after cereal 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. Babies without significant eczema / atopic dermatitis should be introduced to **peanut butter** to avoid allergies later in childhood
  - \* **9 months**
    - meats, fish, and start transitioning to more table foods
  - \* **11-12 months**
    - table food, including whole eggs, cut up to the size of baby's pinky nail

**VACCINES**

- HEP B#3, Flu
- 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. There should be no fever.

**GENERAL MEDICAL CARE**

- **Acetaminophen** 160/5ml ( ) ml every 4 hours for fever > 101 **OR**
- **Ibuprofen** 100mg/5ml ( ) ml every 6 hours for fever > 101
- **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 highchairs, 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, **1-800-222-1222**, 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 and Sing** to your baby daily. This will help with his or her language and mathematical development. Babies should never be watching T.V. or any other digital media at any time - this includes educational programs!