

# PEDIATRIC ASSOCIATES OF ORLANDO, P.A.

## NINE MONTH CHECK UP

DATE \_\_\_\_\_

WEIGHT \_\_\_\_\_ %      HEIGHT \_\_\_\_\_ %      HEAD CIRC \_\_\_\_\_ %

### WELL VISIT IMMUNIZATION SCHEDULE

2 Month	4 Month	6 Month	9 Month	12 Month	15 Month	18 – 24 Months	5 Year	11+ Years
DTaP	DTaP	DTaP			DTaP	Vaccine Review	DTaP	Tdap (tetanus)
IPV	IPV		IPV				IPV	
Prevnar	Prevnar	Prevnar			Prevnar			
Comvax (Hepatitis B & Hib)	Hib	Hib			Hib			Gardasil (for girls)
		Hepatitis B		Hepatitis B	MMR		MMR	Menactra
RotaTeq (oral)	RotaTeq (oral)	RotaTeq (oral)		Chickenpox (Varivax)			Chickenpox (Varivax)	
				Hepatitis A		Hepatitis A		
		Flu (Seasonal)						Catch Up Vaccines

\*\* Please verify your vaccinations with your physician at the time of your visit \*

These preventative immunizations can cause your baby to have a fever >100.4, decreased appetite, act fussy or change in normal sleep pattern. The injection site may be red or slightly swollen, or form a knot. If this occurs gently put a cool cloth over the injection site. Please see accompanying vaccine information sheets. Give your baby Infant's Acetaminophen Suspension (80 mg/0.8 ml) or Children's Motrin (50 mg/1.25 ml) the following dosage:

Weight	Dose
6-11 lbs	½ dropperful
12-17 lbs	1 dropperful
18-24 lbs	1 ½ dropperful

You may repeat this dose every four hours for Tylenol, and every 6-8 hours for Motrin for fever/fussiness. Notify your physician if your baby has any adverse side effects such as fever greater than 104 rectal, seizure activity, or hives.

### **NUTRITION (See enclosed Gerber feeding recommendations)**

Continue your child on 24-32 ounces of iron-fortified formula until 12 months of age. Avoid whole milk until your child is at least twelve months old since they may be more prone to allergies before this time. Avoid peanuts, popcorn, raisins, whole grapes, hard candy, or hotdogs due to risk of choking. Continue meals of solids and one 4-6 oz bottle of juice. Your baby may begin finger foods cut into small pieces. Some examples include: Cheerio's puffed wheat cereal or rice cakes, tiny cubes of whole wheat bread, small pieces of well cooked pasta, soft cheeses cut into half-inch-square cubes, slices of melon, ripe bananas, peaches or pears, well cooked potatoes or steamed veggies, and bite size chicken, soft meatballs or meatloaf cut into quarters.

You may also continue the stage 3 baby foods, if introducing new foods continue to introduce one new food every 5-7 days.

### **ANTICIPATORY GUIDANCE**

Schedule next check up for twelve months of age. Your child will again receive a complete physical exam, and may receive the Varivax immunization after 12 months of age if they have not had chickenpox. Between six and twelve months your child will have a blood test to rule out anemia. Screening for anemia is important since many infants are asymptomatic, and the only way to uncover their problem is with a blood test to determine the proportion of hemoglobin in the blood. Hemoglobin is the protein in red blood cells that perform the important function of

distributing oxygen to cells for growth. Iron is the essential building block of hemoglobin and the most common cause of anemia. To help prevent iron deficiency anemia, be sure your baby is on iron-fortified cereal and formula fortified with iron. Do not buy low iron formula, and continue on formula until 12 months of age.

## **SAFETY**

- A. Poison Control Center phone number is 800-222-1222. Be sure to childproof your home with safety latches, and electrical outlet covers. Place all medicines and chemicals safely out of reach. Never leave small toys or objects out that your baby can choke on. Learn how to save the life of a choking child by taking a CPR course. Use safety gates, cabinet locks, and window guards. Avoid falls, install gates on stairways. Lower the crib mattress to the lowest setting.
- B. Be sure not to leave your baby unattended, your baby's growing mobility allows them to get into danger. Never leave infant unattended in bathtub. Take your infant with you if you must answer the telephone or door. Never leave alone near a bathtub, pail of water, swimming pool or any other water, even for a moment. Knowing how to swim doesn't make your baby water safe at this age.
- C. Your child is a fast learner, and will suddenly crawl, roll, climb, and walk before you expect. Because of these new abilities, protect from falls. Keep off high places, and cover sharp edged or hard furniture with protective cushioning.
- D. At 7-12 months your child will grab at everything. Never leave cups of hot liquids on tables or counter edges. While cooking, keep child at a safe distance away from the stove in a high chair or playpen. To avoid burns, never carry hot liquids or food near your baby while you are holding them.
- E. When your baby is twenty pounds place in a rear-facing five point harness car seat until 12 months of age. Once your child is 12 months old they can be front facing in the middle of the back seat. To assure proper car seat installation and use call SAFE KIDS of Greater Orlando at 649-6849 or Orange County Sheriff's Office Occupant Protection Program at 836-4600.
- F. Supervise your baby while eating, and avoid choking hazards such as peanuts, raw vegetables, hotdogs, popcorn, hard candy, raisins, whole grapes, tough meat or large pieces of food.

## **DEVELOPMENT**

Look for your baby to: Use finger and thumb to pick up objects, bang two objects together, take objects in and out of containers, say mama and dada, babbles with inflection, increased noise level in the home, respond to simple verbal requests, enjoy peek a boo, crawl or creep, be able to drink from a sippy cup, try to wean off bottle by 12 months of age. Talk, read, sing, and hold your baby. Brush your baby's teeth with a soft toothbrush and water only. Play games with your baby (Pat a cake, peek a boo) and provide safe toys. Encourage your partner and your other children to help out with the baby. Join and form play groups and support networks.

## **SLEEP (See Your Child's Guide to sleep by the American Academy of Pediatrics)**

Anticipate night awakening as your child begins to pull to stand. Continue to establish a consistent bedtime routine. Putting an infant to bed alone and helping your baby sleep through the night are important tasks. Teach your infant to fall asleep unaided without rocking, holding, or feeding. Place your infant in the crib. AWAKE after establishing a daily bedtime ritual...feeding, bath, books, prayers, talking, or singing. What your bedtime routine entails is less important than the fact that you are consistent. If your child awakens in the middle of the night, try to let them get themselves back to sleep unless they are hurt or sick.

## **WHEN TO CALL YOUR PEDIATRIAN**

Auxiliary temperature greater than 102 degrees (unless your child received immunizations within the last 2 days and is acting OK otherwise). Projectile vomiting, green (bilious) vomiting, seizure, excessive irritability or lethargy. Our telephone nurse is available during office hours for common pediatric questions. Life threatening emergencies, such as difficulty breathing, seizure, and bleeding, should be directed to the emergency room or 911.

Resources: [www.aap.org](http://www.aap.org) or [www.brightfutures.org](http://www.brightfutures.org)