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9 MONTH EXAMINATION

1. Development: Children at this age generally can pull themselves to standing and some can walk around furniture. Many crawl well. Most can say Mama and Dada but may not know what they mean, and imitate other speech sounds. They will learn the thumb and finger pincer grasp and feed themselves with their fingers. Stranger anxiety may become intense. As your baby learns to walk, use shoes only as needed to protect feet. You do not need to buy expensive shoes. Cheap ones work just as well.
2. Diet: Breast milk is still recommended. Some nursing babies will be distractible at this age, which does not indicate a desire to wean. Try nursing in a quiet place. They should continue breast milk or formula until 12 months, when they can start drinking cow's milk. Encourage use of a cup, and begin to phase out the bottle. Children should generally be off the bottle at 15 months. Introduce finger foods. Many babies have decreased interest in pureed foods. Most babies will enjoy slices of soft fruit such as bananas or pears, cooked vegetables such as green beans or soft carrots, and cereals such as cheerios. Avoid foods your baby can choke on like peanuts, hot dogs, grapes, etc. Appetite normally drops at this age.
3. Development: Name objects and pictures for your baby. Sounds and words become very meaningful. Read and sing to your baby.
4. Discipline: Avoid physical punishment for inquisitive behavior. Redirect your child instead. Babies are very curious at this age. Provide an area at home that is safe for exploration.
5. Poisons: All medicines and poisons must be kept out of reach. Call the Poison Control Center at 1-800-222-1222 if an ingestion occurs.
6. Injury Prevention:
 - a) Kitchen: Hot liquids, hot foods, electrical cords or irons, toasters and coffee pots MUST be kept out of reach.
 - b) Falls: Consider the use of gates on stairs. Put safety devices on second story windows.
 - c) Drowning: Never leave small children alone or with older siblings in the bathtub even if they are in a bathtub seat or ring. Drain bathtubs and buckets immediately after use. Never leave children unattended around swimming pools or buckets. Make sure a fence with a self-latching, self-locking gate completely surrounds the pool. Designate a "child watcher" at gatherings.
 - d) Car Safety: Your child should still be in a rear facing car seat until at least TWO YEARS of age.
 - e) Choking: Keep small objects out of reach such as older children's toys and coins.
 - f) Sun safety: Babies should be protected from the sun with clothing, umbrellas or shade. Sunscreen may be used when skin will be exposed.
 - g) Guns: if you own guns keep them in a gun safe, and ammunition in a separate locked place.

7. Medication:

<u>Weight</u>	<u>Acetaminophen Children's Liquid</u> (Tylenol, Tempra) 160mg/5cc	<u>Ibuprofen Children's Liquid</u> (Motrin, Advil)100mg/5cc
	Every 4 Hours	Every 6 Hours
12-17 lbs	1/2 tsp (80mg)	1/2 tsp (50 mg)
18-23 lbs	3/4 tsp (120 mg)	3/4 tsp (75 mg)
24-35 lbs	1 tsp (160 mg)	1 tsp (100 mg)
36-47 lbs	1 1/2 tsp (240 mg)	1 1/2 tsp (150 mg)

8. Sleep: Continue with a consistent bedtime routine including putting your baby to sleep while drowsy but awake. Many babies have sleep disturbances at this age due to separation anxiety and emerging motor skills.

9. Immunizations: Your child will receive immunizations only if needed to catch up. A drop of blood will be obtained from your child's finger to test his blood for anemia. In winter months, babies 6-23 months will be vaccinated for influenza.

COMMUNITY RESOURCES:

- The Parent Connection offers parenting classes and play groups.
www.theparentconnectionaz.org.
- Child and Family resources offers information about available child care.
www.childfamilyresources.org.
- The American Academy of Pediatrics has a web site:
www.healthychildren.org.

NEXT VISIT: 12 Months of age

This appointment must be scheduled on or after your child's 1st birthday.

Recommended Reading:

- Solve Your Child's Sleep Problems by Richard Ferber
- Guide to Your Child's Sleep by the American Academy of Pediatrics