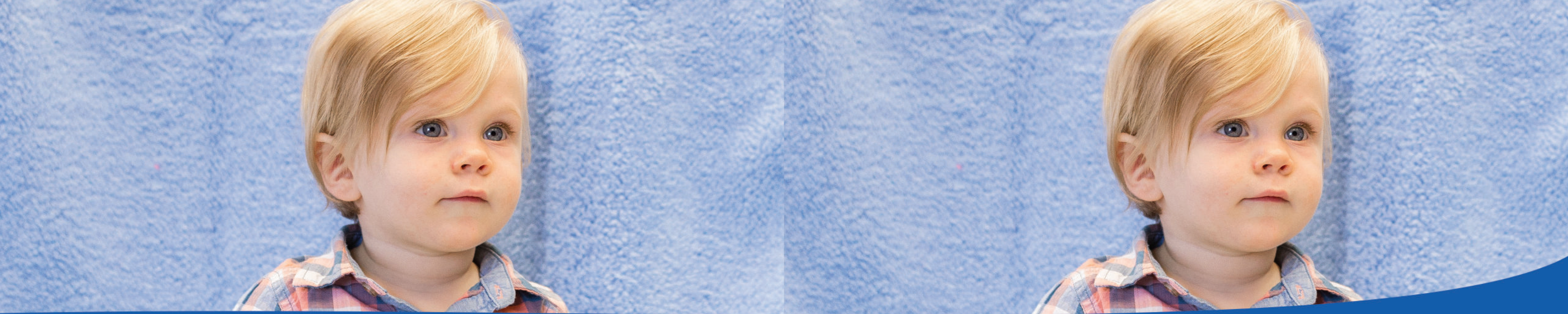




DOSING CHART

Acetaminophen: Give every four to six hours as needed. Don't exceed five doses in 24 hours.

Tylenol/Acetaminophen	mL = milliliter tsp = teaspoon	Tylenol Infants' Oral Suspension	Tylenol Children's Oral Suspension	Tylenol Children's Chewable Tablets (160 mg)	Tylenol Children's Dissolve Packs (160 mg)
	Weight				
	6-11 lbs.	1.25 mL	—	—	
	12-17 lbs.	2.5 mL	—	—	
	18-23 lbs.	3.75 mL	—	—	
	24-35 lbs.	5 mL	5 mL (1 tsp)	—	
	36-47 lbs.	—	7.5 mL (1.5 tsp)	—	
	48-59 lbs.	—	10 mL (2 tsp)	2 tablets	2 powders
	60-71 lbs.	—	12.5 mL (2.5 tsp)	2.5 tablets	2 powders
	72-95 lbs.	—	15 mL (3 tsp)	3 tablets	3 powders

Ibuprofen: Give every six to eight hours as needed. Don't exceed four doses in 24 hours. Always give with food.

Motrin/Ibuprofen	Weight	Motrin Infants Concentrated Drops 50 mg/1.25 mL	Motrin Children's Oral Suspension Liquid 100 mg/5 mL	Motrin Children's Chewables Tablets 100 mg each
	12-17 lbs.	1.25 mL	—	—
	18-23 lbs.	1.875 mL	—	—
	24-35 lbs.	—	5 mL (1 tsp)	1 tablet
	36-47 lbs.	—	7.5 mL (1.5 tsp)	1.5 tablets
	48-59 lbs.	—	10 mL (2 tsp)	2 tablets
	60-71 lbs.	—	12.5 mL (2.5 tsp)	2.5 tablets
	72-95 lbs.	—	15 mL (3 tsp)	3 tablets

*If under 6 months of age, please consult your pediatrician.

Dothan Pediatric Healthcare Network complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-334-793-1881.
주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-334-793-1881번으로 전화해 주십시오.



Date: _____

Weight: _____

Length: _____

Head Circumference: _____

Next Visit: **12 Months of Age**

Sleep

- Continue to follow a regular bedtime routine. It is not uncommon for babies to wake up in the night. Try to let them fall back asleep on their own without feeding or rocking.

Nutrition

- Now is the time for the transition to table foods and finger foods.
- Good examples are small, soft vegetables, crackers, Cheerios, cheese, chopped meats, and bananas. Do not give your baby hard, small foods like peanuts or whole grapes. These are easy to choke.
- Don't worry if your baby occasionally gags.
- Your baby should be practicing how to use a cup or sippy cup - first with water only, then with breastmilk or formula.

9 MONTH CHECKUP

- Give formula or continue breastfeeding until 1 year of age. Then you can switch to whole milk.
- Your goal is to get your baby off the bottle at about 1 year of age.

Development

- Pulling up, sitting up without assistance, and cruising (walking around furniture and other objects while holding on) are the milestones of this age.
- He/she will begin to use a pincer grasp (thumb and index finger) to pick up objects.
- Your baby will begin to talk with sounds such as Da-Da, Ma-Ma, and Bye-Bye.

Safety

- Infants should be restrained in a rear facing carseat anytime they are in the car. For the most up to date guidelines, refer to the National Highway Traffic Safety Administration (www.nhtsa.gov).
- Be sure that you have read the injury prevention guide given at the 6 month visit and perform a safety inspection of your home.

- If your baby eats or drinks something he/she should not, call Poison Control at (800) 222-1222.
- Remove guns from the home or keep them unloaded and locked up.

Behavior

- Your baby will be more independent.
- Discipline mainly by removing the temptation or by distracting them.
- He/she will understand “No, No,” but will not remember this.

Immunizations

- Please see attached sheets for vaccines given today.
- You may see fever, fussiness, and swelling or redness at the site of the injection.
- You can give Tylenol (see dosing chart) every 4 hours or Advil/Motrin every 6 hours as needed. Use a cool compress if needed.
- For rare reactions (temperature greater than 103°F, fever associated with seizure, a screaming fit or a limp spell), call your pediatrician.



BRUSH UP ON HEALTHY TEETH

Your child's teeth will begin coming in between 6 and 12 months of age. The two bottom front teeth will be the first to come in followed by the four upper teeth. Teething may cause extra drooling and chewing, but rarely causes fever, diarrhea, or sleeping problems. Tylenol may be used, but teething gels (Orajel) are not recommended.

There are many things parents can do to ensure their children have healthy teeth.

Brushing

Once your child has teeth, you can begin cleaning them by wiping them with a moist cloth. As more teeth erupt you can begin using a soft toothbrush.

Fluoride

Fluoride is VERY important for healthy teeth. Initially, most children get the fluoride they need from the water they drink (city water or nursery water). If your child drinks well water, bottled water without fluoride, or is exclusively breastfed, then he/she will need to brush with fluoride toothpaste once a day. Only a small amount of fluoride toothpaste is needed at this time - usually a "smear" once a day is enough. It is okay if your child swallows a small amount of fluoride toothpaste. At the age of 2, all children should be using fluoride toothpaste - about a pea-sized amount twice a day.

Sugar Drinks

It is very important that you limit the amount of food and drinks containing sugar, especially between meals. This includes juice, soft drinks, and sweet tea. Water can be given between meals. Never put your child to bed with a bottle, cup, or food.

Dental Visits

The latest recommendation is "first visit by the first birthday." This is especially true if your child is having dental problems or is at high risk to develop cavities.

Post-Fluoride Instructions

Your child may have fluoride applied to the teeth today at the well-child visit. It is okay for him/her to eat and drink afterward, but please restrict crunchy foods and sugary drinks for four hours.

Healthy Eating for 9 Month Olds

- Offer many new foods and textures.
- Introduce a cup as the diet advances.
- Discuss choking hazards.
- Never use food as a reward or bribe.
- Offer a variety of finger and table foods.
- Offer veggies and fruits at every meal.
- Establish a variety of meats.
- Continue breastmilk and/or iron-fortified formula until 12 months.
- Offer water with meals from a cup. The introduction of 100% juice should be delayed until at least 12 months of age.
- Avoid all other sugary drinks.
- Offer 1/4 cup (2 oz.) fruits and vegetables daily.
- Promote textures to improve skills.
- Let your baby start to feed himself. Some ideas for finger foods include avocado, hard boiled egg, cooked carrots, or soft banana cut into small pieces.

Physical Activities

- Child begins to hold cup.
- Child spoon feeds with help.
- Encourage child to crawl.
- Child pulls to stand.
- Child should have no screen time.

ACTIVITIES 9 MONTHS OLD

- Let your baby feed himself/herself. This gives your baby practice picking up small objects (cereal, cooked peas) and also gives him/her experience with textures in his/her hands and mouth. Soon your baby will be able to finger feed an entire meal.

- Your baby will be interested in banging objects to make noise. Give your baby blocks to bang, rattles to shake, or wooden spoons to bang on containers. Show your baby how to bang objects together.

- A good pastime is putting objects in and out of containers. Give your baby plastic containers with large beads or blocks. Your baby may enjoy putting socks in and out of the sock drawer or taking small cartons (Jell-O, tuna or soup cans) on and off shelves.

- Mirrors are exciting at this age. Let your baby pat and poke at himself/herself in the mirror. Smile and make faces together in the mirror.

- Your baby will begin using his/her index fingers to poke. Let your baby poke at a play telephone or busy box. Your baby will want to poke at faces. Name the body parts as your baby touches your face.

- Put toys on a sofa or sturdy table so that your baby can practice standing while playing with the toys.

- Find a big box and let your baby crawl in and out. Stay close by

and talk to your baby about what he/she is doing. "You went in! Now you are out!"

- Read baby books or colorful magazines by pointing and telling your baby what is in the picture. Let your baby pat pictures in the book.

- Play hide-and-seek games with objects. Let your baby see you hide an object under a blanket, diaper, or pillow. If your baby doesn't uncover the object, just cover part of it. Help your baby find the object.

- Play ball games. Roll a ball to your baby. Help your baby or have a partner help him/her roll the ball back to you. Your baby may even throw the ball, so beach balls or Nerf balls are great for this game.

- Turn on a radio or stereo. Hold your baby in a standing position and let your baby bounce and dance. If your baby can stand with a little support, hold his/her hands and dance like partners.

- Play imitation games like Peek-a-Boo and So Big. Show pleasure at your baby's imitations of movements and sounds. Babies enjoy playing the same games over and over.

- Let your baby play with plastic measuring cups, cups with handles, sieves, strainers, sponges, and balls that float in the bathtub. Bath time is a great learning time.

- Play Pat-a-Cake with your baby.

Clap his/her hands together or take turns. Wait and see if your baby signals you to start the game again. Try the game using blocks or spoons to clap and bang.

- Your baby will talk more with different sounds like "la-la" and "da-da." Copy the sounds your baby makes. Add a new one and see if your baby tries it too. Enjoy your baby's early attempts at talking.

- Make a simple puzzle for your baby by putting blocks or ping-pong balls inside a muffin pan or egg carton.

- You can make a simple toy by cutting a round hole in the plastic lid of a coffee can. Give your baby wooden clothes pins or ping-pong balls to drop inside.

- Say "hi" and wave when entering a room with your baby. Encourage your baby to imitate. Help your baby wave to greet others. Waving "hi" and "bye" are early gestures.

- Let your baby make choices. Offer two toys or foods and see which one your baby picks. Encourage your baby to reach or point to the chosen object. Babies have definite likes and dislikes!

- New places and people are good experiences for your baby, but these can be frightening. Let your baby watch and listen and move at his/her own speed. Go slowly. Your baby will tell you when he/she is ready for more.