

NINE MONTH VISIT

DEVELOPMENT

1. Infants can now sit without support, are beginning to crawl, may pull themselves to standing, may wave bye-bye, have developed an awareness, if not fear, of strangers and may say “mama” and “dada”
2. During the next three months, infants will increase their mobility by learning to crawl and walk and will start to develop language.
3. Please complete the PEDS Response Form to help us assess your child's development. We recognize that some of the questions are not relevant to your child at this age.

DIET

1. By this age, infants should be eating table foods and learning to feed themselves finger foods.
2. Weaning should be underway since your infant should be able to drink from a cup.
3. Avoid sweets and other junk foods.
4. Continue vitamin and/or fluoride supplements if prescribed.

SAFETY

1. Use an approved car seat. The car seat should face the rear of the vehicle until the infant is two years old.
2. Do not leave the infant unattended in the bathtub or on the changing table. Lower crib mattress to lowest level.
3. Keep all medicines, cosmetics, cleaning supplies, plants and sharp and small objects away from your infant.
4. Protect your home with smoke and carbon monoxide detectors.
5. Cover electrical outlets and do not allow infant to play with electrical cords.
6. Guard stairs with gates. Keep basement doors closed.
7. Poison Control Center telephone 1-800-222-1222.
8. Walkers are unsafe for babies; jump seats and playpens are much safer.
9. Parental cigarette smoking is associated with serious disease in infants including respiratory illnesses, ear infections and an increased risk of Sudden Infant Death Syndrome (SIDS). Cigarette smoke causes cancer. Do not expose your child to this toxin.

SLEEP

1. The American Academy of Pediatrics has recommended that all full term healthy infants be placed on their backs for sleep.
2. Most infants are sleeping through the night at this age. Infants who are fed at bedtime should be held rather than put into bed with a bottle. Infants placed into bed should not be allowed to get up; they may have to be sung to or have their backs rubbed to get them to sleep. Some parents prefer to rock their infants to sleep in their arms; this is okay as long as you recognize that you are developing a habit that may difficult to break. Do not bring your infant into bed with you; parents who try this usually regret it. Infants who awaken at night and pull themselves to standing should be changed if wet and placed back into the crib. Infants who get up and play at night should not be rewarded with your presence; they will eventually go back to sleep if left alone.

3. The duration and timing of naps is variable. You will recognize when your infant is tired. Use a crib for sleeping, playpens for playing.
4. The American Academy of Pediatrics recommends 12-16 hours of sleep, including naps, per day at this age.

DISCIPLINE

1. Children react to frustration by crying and throwing temper tantrums. The tantrums will become more frequent if parents respond by giving in to this behavior. The best way to handle tantrums is to ignore them.
2. Set consistent, reasonable limits.
3. Both parents must agree on the method of discipline.
4. Children will repeat those actions that are rewarded and will avoid those which are punished. Do NOT reward undesired behavior.
5. Spankings and hand slapping are usually ineffective. Removing and distracting the infant while saying "NO" is usually more effective.
6. Self-image is important. Children like to please; they should not be referred to as bad, since they will be given a reputation to live up to. You may disapprove of what your child does, but never disapprove of your child.
7. Be reasonable, be consistent, and be patient. Children learn by repetition.

SHOES

1. Shoes are needed only for protection from sharp objects and the cold. Rigid shoes should be avoided. Shoes should fit well, be flexible, able to breathe and have non-skid soles.

IMMUNIZATIONS

1. Please notify the physician if your infant has had a reaction to any previous immunization.
2. Today, your infant will receive:
 - a. Influenza vaccine, if available.
3. Acetaminophen in appropriate dosage for weight (12-17 lb, 2.5mL; 18-23 lb, 3.75mL) may be given as needed for fever, irritability, redness or soreness at the injection site. Prolonged or severe reactions should be reported to the office.

LAB TESTS

1. A hemoglobin to detect anemia.
2. A blood lead level to detect lead poisoning.

PROCEDURES

1. The American Academy of Pediatrics recommends that fluoride varnish be applied every 3-6 months to the teeth of infants between the ages of 6 months and 5 years. Please discuss this recommendation with your physician

NEXT VISIT: At one year of age.

Parent/Guardian must accompany infant to all visits.

Copies of this and all Handouts may be found on our website at www.tri-countypediatrics.com