



(rev.3-2024)

9 Month Check-Up

Child's Name _____ Date _____

Height _____ Weight _____ Head _____

IMMUNIZATIONS

Your child will receive immunizations today. Please read the information provided and ask your doctor any questions you may have. You will be asked to sign a form, giving consent for the vaccines. At 9 months, your child should receive the third Hepatitis B vaccine. Please inform your doctor of any previous reactions to vaccines. Common reactions include fever, fussiness, local redness, swelling, pain, and mild sleepiness, which may last up to 2 days. Significant reactions include fever > 104.5 rectally or inconsolable screaming for more than 3 hours. For mild reactions, treatment includes cool compresses and acetaminophen (i.e. Tylenol). Correct doses are in the chart below – it is more important to dose by weight rather than by age. Temperatures taken at this age should be taken rectally. Please notify us of any significant reactions.

If it is flu season, please be sure all family members, especially siblings, and all people who come in contact with your baby are vaccinated against influenza. Young babies are at high risk for significant illness from the flu. Influenza vaccine and Covid vaccine will be offered at this appointment if medically indicated. Remember, good handwashing is the best defense against all illness any time of year. Family members and caregivers should be up to date on all vaccines to help prevent your baby from preventable illness.

TYLENOL or acetaminophen	0-3 months (6-11 lbs)	4-11 months (12-17 lbs)	12-23 months (18-23 lbs)	2-3 years (24-35lbs)
ELIXIR (160 mg/5 ml)	1.25 ml	2.5 ml	3.75 ml	5 ml
CHEWABLE (160 mg)				1 tablet

- **If you are unsure about dosages of this or any medication, please contact us.**
- **Cold medications are not recommended at this age.**

DEVELOPMENT

At 9 months most babies can:

- Babble, imitate vocalizations, may say “dada,” “mama,” “baba” nonspecifically
- Sit well

- Crawl, creep, scoot forward on bottom, may pull to stand
- Uses inferior pincer grasp, pokes with index finger
- Shake, bang and drop objects
- Play peek-a-boo and pat-a-cake
- Feed self with fingers, start to drink from a cup
- Respond to own name, and turn to quiet sounds
- May show stranger anxiety

Talk to your baby during dressing, bathing, feeding, etc. Play games such as peek-a-boo and so-big. Read to your baby.

Start setting limits – it’s not too soon. Establish simple rules such as “no touch” by distracting or moving your baby or removing the object. Keep breakables and hazards out of reach. You may begin to use the word “no,” but your baby may not always understand. Infants are becoming increasingly independent and will want to do for themselves. Teach with consistency and repetition, but not punishment.

Establish bedtime routines to help your baby fall asleep and stay asleep. Do not place your baby to sleep with a bottle. The AAP recommends no TV or other screen media except video chatting under the age of 18 months. There should be no TV in the bedroom.

FEEDING/ NUTRITION

At this age your baby’s nutritional needs are met by receiving breast milk or iron fortified formula. This is your infant’s primary nutrition source. At 12 months of age your baby will gradually transition to whole milk with table foods being the primary source of nutrition. Juice is not recommended at this time, unless directed by a doctor. Typically, your baby will be drinking 25-32 oz. of formula a day. If breast feeding, your baby may start decreasing the number of feedings a day. Encourage the use of a cup. Gradually increase the variety and amount of table food, which should be soft, moist, easy to eat, and in bite sized pieces.

Avoid foods that can be inhaled or cause choking, such as peanuts, popcorn, hot dogs or sausages, carrot or celery sticks, whole grapes, raisins, corn, whole beans, hard candy, large pieces of raw vegetables or fruit, or tough meat. Always watch your baby while eating and do not leave food within reach of your baby when you are not present. Do not give honey during the first year of life.

Brush your baby’s teeth and gums with a soft cloth and water. Ask your doctor about the need for vitamin or fluoride supplements.

Develop healthy eating habits:

- Choose healthy food choices rather than junk food. Babies accustomed to healthy foods, prefer healthy foods.
- Limit eating to scheduled mealtimes and do not allow “grazing” on food between meals. Babies typically eat 3 meals a day with 1-2 scheduled healthy snacks.
- Allow your baby to only eat in a highchair in a designated area – no eating in front of the TV, while walking, playing, etc.

- Avoid using food for comfort, to soothe, or to quiet your baby. Babies with access to food at all times during the day do not regulate their intake well and may not feel hungry at family mealtimes. These babies may either over-eat if they love food or under-eat if they would rather play.
- Give water between meals or snacks if your baby seems thirsty. No juice at this age.

There has been extensive new research in the area of food allergies, including peanut allergy.

- Please let your doctor know if your baby has eczema or any known allergies and has NOT yet started to introduce peanut products.
- If your baby does not have eczema or any food allergy, you may introduce peanut products at any time now.
- When you introduce peanut products in your baby's diet, use safe forms of peanut such as creamy peanut butter thinned with warm water or mixed into pureed fruit or vegetables, peanut powder mixed into pureed foods, or age-appropriate foods made with peanut butter. Solid peanuts, peanut pieces, and thick peanut butter are choking hazards and should not be given now.

SAFETY

- Continue using a rear facing car seat properly secured in the back seat. If they have outgrown the infant seat, they should be in a reversible car seat that is rear facing. Never place your infant in the front seat of a vehicle with an airbag. The back seat of a vehicle is the safest place for children of all ages. Avoid bulky clothing and blankets between your infant and the harness and make sure the harness fits snugly against the child's chest. Additional information can be found on the US Department of Transportation website. www.seatcheck.org or at healthychildren.org under car seat information for families.
- Continue to place your baby to sleep on his/her back. Lower the mattress in your baby's crib. Do not leave your baby in a playpen or crib with the drop side down.
- Get down on the floor at your baby's level and check for dangers.
- Keep the environment smoke free.
- Keep all sharp or small objects, hot liquids, chemicals, batteries, etc. out of reach and off tablecloths that can be pulled down. Use cold water immediately for a burn and call our office for advice.
- NEVER leave your baby alone with a young sibling or pet, in a tub of water, or on high places such as changing tables, sofas, beds, etc. Always keep one hand on your baby to prevent falls. Keep the water heater set below 120 degrees F.
- NEVER shake your baby.
- Keep pet food out of reach and keep your baby away from pets while they eat.
- Do not give your baby plastic bags or latex balloons. Do not hang anything around your baby's neck (i.e. pacifiers, necklaces, ribbons, etc.)
- NO WALKERS.
- Empty buckets, tubs, small pools immediately after use. Swimming pools need to be enclosed with a four-sided fence with a self-closing, self-latching gate.
- Limit time in the sun. Use sunscreen of SPF 15 or higher, and use hats to shade ears, nose, and lips. Please visit the website healthychildren.org for more comprehensive sun safety recommendations.

- Test smoke alarms; change batteries yearly.

Baby proof the house. This includes covering all outlets, installing safety devices on drawers and cabinets, installing safety locks and guards on windows, installing gates at the top and bottom of the stairs, and removing dangling telephone, electrical, blind, or drapery cords. Keep small appliances out of reach. Once your baby is climbing, other dangers include large furniture such as dressers, entertainment centers, TVs, and ovens which may tip over and fall on your baby if he/she pulls on them or climbs on the open doors or drawers due to a shift in the furniture's center of gravity.

Keep poisonous substances, medications, cleaning agents, health and beauty aids, paints and paint solvents locked in a safe place out of sight and out of reach. If there is an accidental ingestion, call **Poison Control** at **828-9123** or **1-800-222-1222** immediately. Keep the number for Poison Control by your telephone.

CONTACT OUR OFFICE

If non-urgent questions or concerns about your child develop before your next appointment, please feel free to call our office during regular business hours. Our medical advice nurses will be glad to answer your questions. They may recommend that you make an appointment to have your child seen by a doctor or nurse practitioner.

In the case of a true emergency, such as difficulty breathing/respiratory distress, loss of consciousness, seizure, profuse bleeding, or any potentially life-threatening situation, **call 911 or go to the nearest emergency room**. Due to their pediatric ER staff, our providers prefer Chippenham, St Mary's, or VCU Medical Center when you have a choice in where to take your child. Please call **Poison Control** at **828-9123** locally or **800-222-1222** immediately in the event of any ingestion or suspected ingestion of chemicals, medications not prescribed for your child, accidental overdose, or any other substance of concern.

One of our doctors is always on call after hours for urgent or emergency care concerns. To reach our on-call service, please dial the office phone number and follow the prompts. You will be directed to our nurse on call service and may have to leave a message. You will receive a call back as soon as possible from one of our nurses or providers on call. We ask that you limit after-hours calls to urgent concerns only. Persistent problems such as ongoing illnesses (including colds), constipation, or behavior problems without sudden changes are best addressed during regular office hours when our providers are able to access your child's medical record. Please do not call after hours or on holidays to request antibiotics, including eye drops. In most cases your child will need to be seen to ensure proper diagnosis. If you feel that your child needs to be seen after hours, please take him or her to the nearest urgent care center or ER.

The next check-up is at **12 months** of age. We encourage you to make your appointment before you leave today. If you would prefer to call, our centralized scheduling department can be reached at 804-320-1353. Please note that our office requires 24-hour notice to cancel an appointment. Thank you.