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9 Month Visit

For _____ DOB _____

Wt _____ # _____ oz Length _____ in HC _____ in

Labs Today: Hematocrit & Lead Level

Tylenol Dose

Give your baby _____ ml of acetaminophen (Tylenol) infant drops every 4-6 hours if needed for fever or pain.

Development

At this age kids are becoming more mobile and saying a few words, usually “mamma” & “dada”. You may also notice them being a bit more anxious around strangers. This is normal. If you are ever concerned about your child’s development or have questions, please ask us.

Discipline

Consistency, consistency, consistency...in order to produce a well adjusted, obedient toddler, parents and caregivers need to be consistent in their discipline. Spend some time thinking of a plan that will work best for your own family situation, adjusting it as necessary

1. Your baby understands “no” at this age, but still has trouble distinguishing right from wrong. Sometimes it is better to use a phrase similar to “hands off” rather than “no”.
2. The best form of discipline at this age is distraction. Try to distract your child from items or areas where you do not want them.

Nutrition

Although 9 month olds may have some teeth, they still cannot eat like adults.

1. Keep your baby on iron fortified formula or breast milk until 12 months of age.
2. We encourage you to breast feed as long as you desire. If you are weaning before 12 months of age, introduce iron containing formula.
3. Avoid calories from sugar that have no value like soda, Kool-Aid and Gatorade. Keep juice at a minimum, less than 6 oz per day.
4. Finger foods can be introduced around 9-10 months of age. Examples of finger foods include toast, soft cheese wedges, fruit slices, crackers, dry cereals (i.e., Cheerios), cooked soft vegetables and breads.
5. Let your baby get used to having a “sippy” cup around (Let them play with an empty one). This will help with the transition from the bottle in a few months.

General Information

1. When your baby begins to get teeth, it is time to begin to take care of them. You can use the corner of a cloth or a soft brush to brush them. Try to clean them once a day.
2. It’s easier to wean your baby off a pacifier now than when he/she is older. Pacifier use after 18 months can hinder dental formation.

Safety

Mobile children are at increased risk for injuries. Prevention is key. Make sure your home is “baby proofed”. This includes swimming pools, drawers, cabinets, stairs and other areas where children could get injured.

1. Once your child is over 20 pounds, you will probably have to change car seats. Your child should remain rear facing until he/she is 20 pounds and 12 months old.
2. Watch out for hot foods and liquids. Infants commonly reach out for cups, plates and cooking utensils.
3. In Tucson, the poison center number is: 1-800-362-0101.
4. Food and toys can totally block off an infant’s windpipe. Certain foods should be avoided until 3-4 years old. These foods include nuts, popcorn, hard candy, grapes (unless cut in half) and hot dogs.
5. As your child learns to walk, there will be many falls. Move dangerously shaped furniture and use padding to cover sharp corners.

Resources

Please visit our website for added helpful information: www.skylinepeds.com

Next Visit: 12 Months

ENJOY YOUR BABY!