



9 Month Well Visit

H: _____ %: _____ W: _____ %: _____ HC: _____ %: _____

Nutrition: Continue breastmilk or formula as you advance food textures; keep pieces of foods cheerio size or smaller. Avoid honey until age 1 and foods easily choked (peanuts, hot dogs, grapes). Discuss timing for exposure to pureed nut protein, eggs, fish and milk with your provider. Continue vitamin D for breastfed babies. Sippy cup with a little water, breastmilk, or formula can be offered.

Development: More movement: starting to pull up and cruise along furniture, potentially crawling; improving pincer grasp and starting to clap. Fear of strangers can increase.

Language: Repetitive sounds like mama or dada, but not to a specific person — read together daily, use choice questions and simple words.

Safety: Keep the car seat rear-facing until age 2; if at the upper weight limit for your infant carrier, then it's time to transition to a convertible seat. If there are any household guns, keep them and ammunition locked separately. Keep small objects, sharp objects and balloons out of reach. Keep gates at the top and bottom of stairs. Stay within arm's reach around or in water. Poison control: **1-800-222-1222**.

Dental Health: AAPD recommends fluoride toothpaste with twice daily brushing: the size of a grain of rice until they are able to spit, then pea-sized. Dentist visits begin after their first birthday.

Immunizations: Hepatitis B if not already received.

Medication Dosage:	12-18 lb	18-24 lb	24-36 lb
Acetaminophen (160mg/5mL)	2.5 mL (½ tsp)	3.75 mL (¾ tsp)	5 mL (1 tsp)
Infant Ibuprofen (50mg/1.25mL)	1.25 mL (¼ tsp)	1.875 mL	2.5 mL (½ tsp)
Children's Ibuprofen (100mg/5mL)	2.5 mL (½ tsp)	3.75 mL (¾ tsp)	5 mL (1 tsp)

Next visit: 12 months old