



BAYSIDE MEDICAL GROUP, INC.

Well Child Notes

Name: _____

Date: _____

Height: _____ Percentile: _____

Weight: _____ Percentile: _____

Head Cir: _____ Percentile: _____

Acetaminophen (Tylenol) dose:

_____ ml every 4 hrs.

Ibuprophen (Advil or Motrin) dose:

_____ ml every 6 hrs.

TODAY YOUR CHILD RECEIVED:
(if checked)

- Hepatitis B
- Hemoglobin blood test

NEXT VISIT: _____

NOTES: _____

NINE MONTH WELL BABY EXAM

Nutrition

Babies generally continue to eat what they have been introduced to, and add other food items such as meat, cheese, egg yolks and yogurt. Food with texture is good now. We recommend that you wait until one year of age to introduce whole milk. Drinking from a cup is good at this age.

Dental

Brushing or wiping teeth with a soft cloth at least once a day is good, and hopefully the baby will cooperate. Remember, a propped up bottle leads to rotten teeth. Fluoridated water makes the teeth stronger; if the water is not fluoridated, it is best to add fluoride drops on prescription from us.

Development

By nine months of age babies are sitting up and some are standing with assistance, recognizing their own names and even saying "Dada," which usually comes before "Mama," which is harder to say. They get themselves to a sitting position, pull themselves up to stand, bang things together, and pick things up with their thumbs and forefinger. Don't worry if your baby doesn't crawl – some never do, they just up and walk. Stranger anxiety makes its appearance at 7-13 months. Most babies now sleep through the night, but, alas, not all.

Play and Toys

In addition to rocking, cuddling, singing, playing on the floor, and talking, babies now love pots and pans and plastic cups and dishes. They can often play peekaboo and pat-a-cake. They can play outdoors. Push and pull toys, balls, cars and trucks, squeeze toys, and blocks are all good and fun.

Safety

- Babies should ride in rear-facing car seats as long as possible, certainly until one year old, as it's the law.
- Childproof the house. Recheck Bayside's guide to childproofing. Use electrical outlet plugs, stair gates and window guards. Turn pot handles in. Keep small objects, unsafe toys, items with sharp edges, balloons and plastic bags away from your child.
- Shoes should have flexible soles.
- Keep the toilet seats down and the bathroom door closed.
- Lock up medicines, cleaning chemicals, and guns. Never call medicine candy.
- Eliminate poisonous plants from house and yard.
- Put poison control number on all phones: 1-800-222-1222.
- Lower the crib mattress.
- Pools must be fenced and locked.
- Set water heater temperature to no more than 120 degrees F.
- Place knives and hot liquids away from table edges.
- Protect against falls from the changing table.