

WELL CHILD VISIT



7714 Conner Rd Ste 101
Powell, TN

865-212-6350

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BlackmonPediatrics.com

Nine (9) Month

Congratulations on making it this far.

Child's Name: _____

Today's measurements are:

WEIGHT	HEIGHT	HEAD CIR.
%	%	%

DEVELOPMENT

Daily Activities

Continues to enjoy banging, waving, and throwing toys

Becomes absorbed in toys and games

Imitates play

Explores food with fingers

Scrutinizes toys and other objects

Motor Skills

May begin to pull to stand

Stranger anxiety becomes an issue (even with grandparents)

Stands holding furniture

May try to crawl up stairs

Tries to move one foot in front of the other when held upright.

Language

Imitates the rising and falling sounds of adult conversation

Repeats sounds again and again

Imitates more speech sounds, but does not yet understand them

May begin to say "Mama" and "Dada"

Emotional/Behavioral

Continues to resist doing what he/she does not want to do

Loves showing off for family audience

May cry when parent leaves the room

Difficult to diaper (yes, we've all been through it)

FEEDING

Your baby still needs breast milk or infant formula to continue healthy growth. The quantity of milk consumed may vary widely. You have entered a transition toward more solids and less milk. Now is the time to introduce more table foods.

We encourage three solid meals per day with snacks as needed. Please avoid hot dogs, eggs and peanut butter as they may be choking or allergy risks. Now is a great time to introduce soft table foods. Sippy cups may be introduced but we do not expect you to discontinue the bottle until twelve months.

SAFETY TIPS

Never leave your child alone, except in a crib.

Keep all medicines, chemicals, cleaning products locked safely out of reach

Avoid choking hazards and suffocation

Never leave a child alone in the bathtub

Place your baby in the bed on his/her back ONLY

Keep the crib sides up. Keep an eye out for explorers

Never eat, drink, or carry anything hot while you are holding the baby

Place plastic protectors over outlets

Never allow smoke near your baby, have you checked your smoke alarms?

Use an approved infant car safety seat. Follow instructions for proper installation. Remember Tennessee State law mandates rear facing until twelve months and at least twenty pounds. Parents should wear seat belts to set good example.

Place the Poison Control number close to phone (**1-800-222-1222**)



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ADDITIONAL INSTRUCTIONS:

SLEEP

Most babies are sleeping through the night. A regular bedtime hour and routine are important. Babies at this age enjoy looking at picture books. If your having difficulty with nighttime awakenings please ask us for advice.

TEETHING

Your baby may begin teething. While getting teeth, your baby will drool like a madman and chew on almost anything. A teething ring or partially frozen washcloth may come in handy!

Today's tylenol infant drops dose for your child is _____ml.

NO WORRIES

Each child is unique. It is therefore difficult to describe exactly what should be expected at each stage of a child's development. While certain behaviors and physical milestones tend to occur at certain ages, a wide spectrum of growth and behavior for each age is normal. These guidelines are offered as a way of showing a general progression through the developmental stages rather than as fixed requirements for normal development at specific ages. It is perfectly natural for a child to attain some milestones earlier and others later as they continue to grow and learn.

YOUR NEXT VISIT

You should return in three months. At that time we will discuss weaning from the breast or bottle and expanding the diet. In addition, your child will receive the Chicken Pox Vaccine and the fourth dose of Prevnar. Call us with any problems. Remember to write down your questions and bring them with you for the next visit. Good luck.

V	S	B	F