

Advanced Pediatrics

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9 MONTH OLD VISIT

GENERAL ISSUES

1) **Fluoride and Vitamin D Supplementation**

Since Rockland County water is non-fluoridated, your baby should be taking 0.25 mg (1cc) PolyVitamin with Fluoride daily. This will also provide adequate Vitamin D supplementation for breastfed infants.

2) **Discipline**

Start to implement a simple "NO" if your child is exhibiting an unwanted behavior in order to establish limits. Then redirect to another activity.

3) **Teething**

Teething causes discomfort and irritability. The best treatments are Tylenol, teething rings and baby Orajel.

SAFETY ISSUES

1) **Never Leave Your Baby Unattended**

Never leave an infant on a table, bed or sofa.

2) **Never Shake Your Baby**

3) **Infant Car Seat – Backwards**

The car seat must be installed backwards to protect the infant's head until the baby is at least one year of age and at least 20 pounds.

5) **Baby Proofing the House**

a) Poisons and Pills – Keep cleaning supplies and medication locked up and out of reach.

b) Pointy Objects – Pad sharp or hard objects to avoid lacerations and head injuries.

c) Plugs – Use plug outlet covers.

d) Pieces – Clean up choking hazards

FEEDING ISSUES

1) **Table Food**

You may gradually begin to introduce soft table foods at this age. Nuts, raisins, hard candy and pieces of meat are choking hazards. Food should be mashed into small pieces. Controversial foods such as eggs and peanut butter can be given slowly, or you may choose to wait until your baby is one year old if you have apprehensions about allergies. Honey should be avoided completely until the baby turns one.

2) **Juice**

Juice has little nutritional value and has almost as much sugar as soda. Water is healthier and will not contribute to tooth decay and obesity later in childhood.