



Kapa'a Pediatrics MONTH WELL CHILD CHECK

9

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New Milestones!!!

- Crawling and pulling to stand
- Saying "mama" and "dada"
- Drinking from cup
- Using pointer finger and thumb to pick up small objects
- Bang two objects together
- Playing peek-a-boo
- Develop stranger anxiety

Healthy Habits

- Clean baby's teeth and gums 2 times per day with a rice grain size of fluoride toothpaste on a soft toothbrush or damp cloth
- Never put baby to bed with bottle to prevent tooth decay and ear infections
- No smoking: call the Hawaii Tobacco Quitline for help 1-800-QUIT-NOW (1-800-784-8669)
- NO TV, videos, computers
- Keep baby out of direct sunlight, from the hours of 10am-4pm
- During high ultraviolet times hats, loose fitting, long sleeve clothes are helpful if baby is in the sun

Parenting

- Talk and sing to your baby as much as possible
- Read to your baby at least one time a day
- Never leave your baby unsupervised
- Never shake or hit your baby, if you are frustrated, place baby in crib and ask for help from other family members
- Get down on the ground and play with them at least 5x/day

Nutrition and Growth

- Continue breastfeeding on demand
- If feeding formula: normal volume is 4-5 ounces per bottle, with a maximum of 24-30 ounces a day
- Gradually increase table foods
- Give a variety of foods and textures
- Provide 3-5 meals per day
- Encourage use of sippy cups, offer water, although most infants will not drink a lot of water
- NO juice! NO soda! NO cow's milk!
- No foods or drinks with added high fructose corn syrup or sugar

Safety!!!

- **Home Checklist:**
 - Stairs blocked off with gates
 - Cleaning products locked away in cabinets
 - Small objects, magnets, batteries inaccessible
 - Electrical outlets have safety inserts
- **Screens:** check all window screens and make sure baby cannot climb and lean against the screens because they may fall through
- **Car seats:** use rear facing car seat in back seat until at least 1 year AND 20 pounds, never put baby in front seat with passenger air bag
- **Prevent drowning:** always be within arm's reach near water, never leave baby alone in tub or near water
- **Avoid burns:** set hot water heater to 120°
- **Poison Control Center:** 1-800-222-1222

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Newborn Knowledge

FEVER with NO other symptoms!!! 9 out of 10 children will get ROSEOLA (most commonly around 9 months of age). This is caused by a virus that gives kids a HIGH fever for 3-4 days, followed by a rash when the fever breaks. Read about it on our website for more details if your child develops this illness.

Common Cold!!! Remember, you have Dr. Lam's "Fever" and "Upper Respiratory Infection" handouts available on the website www.kapaapediatrics.com for an in depth reference ☺ Don't forget to remember the following general tips:

1. Most common colds last for 5-10 days, with symptoms at their worst on days 4-6.
2. Fever often accompanies a common cold, but these three scenarios should have you calling for an appointment!
 - a. **Long Fevers:** starts at the beginning of the illness and last LONGER than 3 days
 - b. **Late Fevers:** occurs for the FIRST TIME after your child has been sick for a few days
 - c. **Returning Fevers:** goes away after 1-3 days but then RETURNS late in the illness
3. Worried about pneumonia??? Try not to focus only on the cough. Instead look at their overall respiratory EFFORT (Breathing fast and hard? Retractions? Grunting?). Schedule an appointment ASAP for any respiratory distress, even if it is on day 1 of illness.
4. Ear infections can commonly occur with a cold, especially if there is a lot of RUNNY NOSE and CONGESTION. They often occur AFTER 3-5 days of illness.
5. At this age there is no treatment for the common cold, which is caused by a virus.

Teething: Remember that teething does NOT cause fever, rash, runny nose, or cough.

Constipation??? Most 9 month olds are having a bowel movement every day. From time to time they may have hard stools. As soon as stools become hard, switch them to an all fruits and vegetable diet for a few days until they get better. Also, review our constipation handout on our website.

Sleep tight all night...

9 months is a good age to start a strict bedtime routine

- Consistent bedtime: 7-8pm, when the sun goes down
- Specific area where baby sleeps
- Breastfeed or bottle feed right before putting baby to sleep
- NO BOTTLE PROPPING!
- Put baby down while drowsy and still awake
- All lights off and no loud noises
- Consider using a "white" noise maker
- Crying for 5-10 minutes is normal and eventually will decrease
- All feeds at night should be boring (no lights, no talking, no playing)



Things to look forward to:

- ✓ Walking!
- ✓ Playing interactive games
- ✓ 1st birthday party or baby luau!
- ✓ Talking- saying "Mama" and "Dada"!

Don't forget to check out our Website!! ☺

www.kapaapediatrics.com

Common pediatric illness, common medication dosing charts,
vaccine information sheets and more!

