



9 Month

CHECK UP

HT _____ WT _____ HEAD _____

NEW WINDSOR PEDIATRICS, PLLC

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OFFICE HOURS: Mon. – Fri. 8:00 a.m. – 8:00 p.m.
Sat. 8:00 a.m. – 3:00 p.m. Sun. 8:00 a.m. – 1:00 p.m.

ON CALL 24 HOURS: CALL BEFORE GOING TO ER

COMMON CONCERNS

SLEEPING:

Bedtime routine to teach baby to fall asleep on own and be a good sleeper. Babies at this age do not need to night feed.

MILESTONES:

Increasing stranger and separation anxiety, start to pull up to a stand and move around furniture.

SHOES:

Babies do not need expensive fancy shoes. A well-fitting sneaker to protect their feet will work for outside. Walking bare foot helps give them better balance.

NUTRITION

Most babies will be taking around 24 ounces of breast milk/ formula and three meals a day.

Babies love to start eating finger foods. Be sure it is soft, tiny and easy to swallow. As they become more independent, some babies may refuse the spoon.

Here are some food suggestions:

Little pieces of cheese, cooked peas, mashed potatoes, smashed cooked carrots, pieces of bananas, ripe pears, peaches, cooked apples, ground hamburger meat, rice, small noodles, Cheerios.

AVOID: nuts, hard candy, popcorn, hot dogs.

SAFETY

Always put baby in car seat while driving. It is now recommended that babies remain rear facing until 2 years of age. NEVER place a car seat in the front seat if there is a passenger air bag.

Baby proof for any small objects that baby may choke on.

Use safety gates at top and bottom of stairs.

TODAY'S IMMUNIZATIONS

Hepatitis B vaccine #3. Less than 50 % of babies will never get a fever from this shot.

NEXT VISIT:

Please return for next check up when baby is ON or AFTER 1st birthday. Hemoglobin and lead will be checked. Scheduled vaccines are MMR and Varicella along with PPD test.