



Pediatric Partners, L.L.C.

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Return In Three Months

THE NINE MONTH CHECK-UP

One word will describe your child at this age—
 independent. This comes from the ability to
 move more readily by crawling and even
 pulling up on the furniture and “cruising”
 around. Since your child will be more involved with the
 environment, you may notice that he does not want to be
 held as much as in the past. However, with strangers
 around your child will certainly come to you for comfort
 and will leave you only when he feels less “stranger
 anxiety”.

Your young one is sitting well by now and pat-a-cake may
 be a favorite game. Another activity involves shaking,
 banging, and throwing objects. Hand coordination’s
 improving and you will see poking with a finger and
 attempts to pick up small objects with two fingers. This
 includes self-feeding finger food.

Language continues to develop and your child will say
 “mama” and “dada” along with imitating certain vocal
 sounds. He will understand a few words such as “no-no”
 and “bye-bye”, and respond to his name.

FEEDING

Breast-milk and formula are still the main source of
 nutrition. Whole milk should not be started until one year
 of age. We recommend discontinuing the bottle at 12
 months of age so continue to work on using the cup. You
 should also work on the cup even if you still are breast-
 feeding, so later it is easier to wean from the breast.

You may start giving small amounts of soft, mashed or
 finely ground table foods to add variety and allow your
 child to feed himself. It is extremely important to avoid
 foods that are choking hazards, such as peanuts, popcorn,
 hot dogs, whole grapes, marshmallows, hard candy, and
 carrot or celery sticks. Also make sure you are supervising
 all meals and know what to do in case of a choking
 episode.

Check-up	Snapshot
WT _____	% _____
HT _____	% _____
HC _____	% _____
Immunizations	
DTaP _____	HepB _____
HIB _____	MMR _____
Polio _____	Varivax _____

GENERAL CARE

Sleep habits and bedtime routine should be well
 established. He should sleep in his own room. Do not
 allow your child to have a bottle in bed as this promotes ear
 infections and tooth decay. Continue to put your child to
 sleep while awake so he can learn self-quieting skills and
 fall asleep without your help. Many children will wake up
 at night and this can become a habit, especially after a
 recent illness where you were spending some time
 comforting your child. It is fine to let your child cry for a
 period of time. Keep interaction to a minimum and use
 only a cup if you give any fluid.

Continue to use distraction, structure, and routines to
 discipline your child. Use only a few rules to allow your
 child some freedom to learn and explore, but make sure
 they are used consistently when appropriate.

Shoes are only needed for warmth and protection and
 going barefooted may be the best for the developing feet of
 young children. If shoes are worn they should have a
 flexible sole to allow for more movement while your child
 is learning to walk.

Fluoride supplements may be needed if your child is only
 taking breast milk or if the water used to make formula has
 too little fluoride.

PREVENTION/SAFETY

- Your child’s rapidly improving mobility and
 coordination is very exciting for both you and your
 child. Unfortunately, along with this increase in
 independence comes the increased risk for accidents.
 Accidents are now a greater threat to his life than
 illness.
- Continue to use the car seat at all times. It needs to be
 installed in the rear-facing position and never in the
 front seat if there is a passenger side air bag.