



6-9MO
PEDIATRIC
CARE ADVISOR

Well Child Care
6-9 Months



Use this Care Advisor guide created by Facedy pediatricians for tips on managing your child's nutrition, safety and more.

Nutrition

Your baby should continue to have breast milk or formula until 1 year of age. If you haven't started your baby on solid foods, you can start now. Here are some guidelines if you would like to start solids before the next well child check.

- For most babies, the first solid food is rice cereal. The consistency can be varied by mixing with formula or breast milk.
- You can introduce pureed fruits and vegetables or stage 1 baby foods. Space out each new food by two to three days so if your baby has an allergic reaction you know what caused it.
- Do not introduce honey or cow's milk until 1 year of age.
- Avoid potential choke foods such as peanuts, popcorn, carrot sticks, whole grapes, raisins, whole beans and hard candy.
- Use a spoon to feed your baby solids. Do not put cereal in a bottle.
- You can give small quantities of water and introduce it in a sippy cup. Try not to give water/juice in a bottle. Your baby does not need juice.

If you are breastfeeding and plan to delay introducing solid food, please speak with your doctor or nurse practitioner about iron supplements in addition to over the counter vitamin containing Vitamin D (Poly-vi-sol, Tri-vi-sol or D-vi-sol).

Sleep

Your baby should be able to sleep through the night. Use bedtime routine and try to put your baby to bed awake. Do not put your baby to bed with a bottle or prop in mouth.

Development & Behavior

Your baby will babble in response to you; roll over; sit with support; bear weight on its legs; transfer objects from one hand to the other; laugh, squeal.

Teeth

Most children teeth around 6 months, although some wait until 18 months of age. While teething, your baby may drool a lot. Teething rings can be useful. As your baby gets his/her teeth, you can use a washcloth or a small brush to clean your baby's teeth. You should brush your baby's teeth twice a day with a smear of fluoridated tooth paste (grain of rice sized amount).

Immunizations

Your child will get a set of immunizations including the Pentacel [combination of DTaP (Diphtheria, Tetanus and Pertussis, IPV (polio), hemophilus influenza B], Hepatitis B, Prevnar (pneumococcal). Rotavirus (Rotateq) vaccine will be administered if the series was started at 2 months of age.

It is recommended that all children get a flu vaccine every Fall. If this is your child's first flu shot, an additional vaccine will be required in 1 month.

Your baby might be fussy or have a fever for 2 to 3 days. The site may be red or swollen. Put cool compresses on the site. You also can give infant Tylenol. Please refer to the dosing charts on our website: www.facey.com/pediatrics. These charts can be found in the section, "Is your child ill?"

You can find more information on vaccinations online at: http://www.facey.com/ped/child_care.php

Continued on the next page



Safety

- The AAP recommends keeping children in rear-facing car seats until 2 years old. Your child may outgrow the infant rear-facing seat when their weight reaches 20lbs. Look for a reversible seat that starts off rear-facing and can switch to forward-facing when your child turns 2. Never leave your child unattended in the car.
- Never leave your baby alone with other young children, siblings or pets.
- The water heater should be no higher than 120°F
- Do not eat or hold hot liquids and food while holding your child.
- Smoke & carbon monoxide detectors should be present in your home.
- When using a crib, make sure the side is always up. Do not place cushions around your baby or put any toys, blankets or bumpers in the crib. Crib slats more than 2 3/8 inches apart can cause injury.
- Do not put your baby in a walker
- Never leave the baby alone on a high place.
- Do not put your baby in a walker
- Your baby will start to reach and grasp at objects and place them in his/her mouth. Be careful that your baby does not have any small objects around that can be placed in the mouth and potentially cause him/her to choke.
- Install safety gates to guard stairways. Lock/close doors to the garage or bathrooms. Cover outlets & make sure there are no cords within reach. Check drawers, tall furniture and lamps to make sure they do not fall easily. Also ensure that there are no sharp edges that your baby can get hurt on.
- Keep all medication and cleaning fluids locked in cabinets or in areas that your baby cannot reach. In case of ingestion call the poison control center at (800) 222-1222 and your pediatrician's office (or the physician on call).



The Next Visit

Your baby's next appointment will be at 9 months of age, at which time your child will get no immunizations but will be checked for anemia.

About this guide

This information was compiled and edited by Facey Medical Group pediatricians. Please contact your doctor's office if you have questions about this information.

**live healthy
enjoy life**