



SOUTHWEST
CHILDREN'S
CENTER

TODAY'S DATE _____

WEIGHT _____ lbs _____ oz (_____ percentile)

HEIGHT _____ in (_____ percentile)

HEAD CIRCUMFERENCE _____ cm (_____ percentile)

IMMUNIZATIONS

AAP recommended vaccines for today's visit:

- Pneumococcal Conjugate
- Rotavirus (oral)
- Pentacel (DTaP, IPV and HIB)
 - DTaP (diphtheria, tetanus, and pertussis)
 - IPV (polio)
 - HIB (haemophilus influenzae)
- Influenza (seasonally)

If needed, you can give your baby acetaminophen (Tylenol) after her vaccines. Please reference our office's dosing sheet.

NUTRITION

Follow these general guidelines when starting your baby on solids:

- Allow your baby to decide how much to eat.
- Good sources of iron include meats and iron-fortified cereal.
- Your baby's bowel movements will change in color, texture, odor and number after you start solids. Let your pediatrician know if your baby has hard, pellet-like stools.
- Do not give your baby honey until one year of age.

DEVELOPMENT

All babies develop at their own rate. At this age, you may notice that your baby:

- Rolls over from his back to his tummy
- Sits with support by leaning forward on his hands
- Reaches for, grabs, and moves objects from hand to hand
- Starts to squeal

PROMOTING DEVELOPMENT

What you can do to promote healthy development:

- Continue tummy-time play as well as play in a seated position.
- Keep reading to your baby daily.
- Copy the noise of your baby and let him respond.
- Start playing games such as peekaboo and pat-a-cake.

SUNSCREEN WITH A **SPF 30**
OR HIGHER IS RECOMMENDED.



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TEETHING

The first teeth to appear are usually the lower central incisors. These appear between 4 to 18 months of age. A cold damp washcloth, teething toys or Tylenol may help make your baby more comfortable. **DO NOT** use teething tablets or numbing gels. It is recommended that with tooth eruption, you brush your child's teeth with a rice-size amount of fluoride toothpaste daily. Remember to avoid sugary juices and never allow your baby to drink a bottle in bed.

SAFETY

Your baby will soon be mobile, so please keep these safety guidelines in mind:

- Move all chemicals, cleaners and medications to high cabinets that your baby cannot reach. Put locks on lower cabinets.
- Block off stairs and dangerous rooms with gates.
- Cover electrical outlets and remove dangling or visible electrical cords.
- Before your baby begins to stand, lower the crib to the lowest position.
- When outdoors, put a hat on your baby and apply sunscreen with at least SPF 30.

SLEEP

Your baby should be sleeping 10 to 12 consecutive hours at night.

Night feedings are not common at this age.

FAMILY

Consider joining or forming a regular play group. It is good for you and your baby to be with other people.

Try to find time for you and your partner to be alone. Taking care of yourself will allow you to take better care of your family.

WHEN TO CALL US

Call us if you have ANY questions or concerns. No reason is too big or small when it comes to your child's health. Our triage nurses are prepared to answer any and every question you may have at (210) 614.8687.

YOUR NEXT VISIT

Between now and your next visit, you can expect your child to:

- Sit without support
- Try to crawl, but may drag her legs or go backward
- Take steps while holding onto furniture
- Pick up small objects with her index finger and thumb
- Understand her name and the words "no" and "bye-bye"
- Wave, clap and copy others
- Enjoy social games such as peekaboo

▶▶▶▶ Your next visit will be: **Age 9 months** ◀◀◀◀