



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:

- Hepatitis B

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

NUTRITION

Allow your child to feed herself. Have your child sit at the table with the rest of the family at mealtimes. Your child may drink less breast milk or formula as she begins to eat more solid foods. Continue to follow these tips:

- Encourage your child to drink from a sippy-cup and plan to wean her from the bottle around 12 months of age.
- Remember that your child may need to try new foods 10 to 15 times before she accepts them.
- You may try giving your child yogurt and cheese now, but wait until she is 12 months of age before switching to cow's milk.
- Do not give your child honey until 1 year of age.
- Avoid round, rubbery or slippery foods such as grapes, raisins and marshmallows, and hard crunchy foods such as popcorn, potato chips and mints as these are all choking hazards.

DEVELOPMENT

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

- Sits without support
- Tries to crawl
- Pulls on something to try to stand
- Picks up small objects with his index finger and thumb
- Repeats syllables such as "da-da" and "ba-ba"
- Enjoys social games such as peekaboo

PROMOTING DEVELOPMENT

What you can do to promote healthy development:

- Listen to and make music with your child. Songs with gestures and finger actions teach your child how to copy.
- Play interactive games such as building blocks, playing with bubbles and reading books. Laugh with your child and encourage older siblings to join in playtime.
- Do not use walkers. They are dangerous and not developmentally beneficial.



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SAFETY

Please keep these safety guidelines in mind:

- Falls are more common as children learn to walk. Remove furniture with sharp edges and corners or place safety bumpers on the edges.
- Cover outlets, secure electrical cords and make sure window blind cords are out of reach.
- Watch your child at all times when she is near pools, hot tubs, toilets, garden fountains and buckets of water. Children can drown in as little as **two inches** of water. Also, set your hot water heater to 120°F.
- Post the Poison Control Hotline on your refrigerator: 1-800-222-1222.

Never leave your child unsupervised while eating.
Choking is a silent death.

FAMILY

Separation anxiety may start at this time. Your child may have let you leave for work without being upset before, but may now start to cry or cling to you. Know that this is a stage many children go through and your child will be fine after you leave. Do not sneak out of the house without your child seeing you - this can make your child more anxious and clingy.

Postpartum depression can happen at any time during the first year. If mom feels sad, anxious or depressed, she should seek help and talk with her doctor. You can find more information online at postpartum.net.

SLEEP

Your child should be sleeping 10 to 12 hours at night and have 2 naps during the day.

This is a common age for sleep regression. Make middle of the night contact brief and boring to discourage a change in routine.

DISCIPLINE

Because your child is moving around more and is exploring, you need to start setting limits. Distracting and redirecting your child and removing objects he should not touch are good tools at this age. Make sure that all caregivers follow the same set of rules. They should be consistent in disciplining your child. Rather than saying "no" repeatedly, take these as educating opportunities and give a brief explanation. For example, instead of "No, do not touch the stove.", say "The stove is very hot and will hurt if you touch it."

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:

- Say one or more meaningful words or sounds
- Take a step
- Look for objects hidden from view

Your next visit will be: **Age 12 months**