

# Princeton Nassau Pediatrics, P. A.

Princeton Shopping Center  
301 North Harrison Street, Princeton, New Jersey 08540  
609-924-5510

196 Princeton Hightstown Road, West Windsor, New Jersey 08550  
609-799-5335

## 9 Month Well Visit

### *What your baby may be doing now:*

- Crawling
- May have some stranger anxiety
- Pulling up to stand
- Waving bye-bye
- Saying mama or dada

### *Feeding:*

- Breastfeeding until 12 months decreases your child's risk of colds and ear infections
- Feed baby 3 meals daily plus snacks
- Offer baby some finger foods, being careful to avoid foods that she could choke on, such as nuts, whole grapes, hot dog rounds, etc.
- Do not give baby honey in the first year of life
- Offer baby liquids in a cup. Limit juice to 2-4 oz/day, and do not give juice in a bottle
- Let your doctor know if your child does not receive at least 8 oz of fluoride-containing water (including water used to mix formula) daily. If not, your baby may need a fluoride supplement.

### *Parenting:*

- Clean baby's teeth with a soft toothbrush or washcloth every day.
- Say "no" to your baby when necessary, and remove him from the situation. [Tips on discipline](#)
- Read books to your baby.
- Take your baby for walks.

### *Safety*

- Use a rear-facing car seat for every ride, even if your child weighs more than 20 lbs.
- Put baby gates on tops and bottoms of stairs
- Do not use a walker- they can tip over and cause injury

- Protect baby from direct sun exposure, and use sun block.
- Prevent choking- keep small objects and toys out of baby's reach.
- Childproof your home-cover outlets, install cabinet latches, etc
- Lower the water heater temperature in your home to 120°F or less, to prevent accidental burns
- Keep the Poison Control Number handy: 1-800-Poison-1

### *When to call the office:*

- If your baby is vomiting, feeding poorly, has trouble breathing, has a rectal temperature over 102°F for longer than a day, is irritable or lethargic, or if you have other concerns.
- For routine questions or for advice on specific symptoms, check out the [Pediatric Advisor](#) section on our website

### *Vaccines/Tests at this visit:*

- [Hepatitis B](#)
- [Polio](#)
- [Flu \(in season\)](#)
- Blood test for lead and anemia
- [PNP Vaccine policy](#)

Your baby may have a mild fever or fussiness after his vaccines today. You may use Tylenol every 4-6 hrs as needed over the next 2 days.

Baby's Weight	Tylenol dose
6 to 11 lbs	0.4 ml (40 mg)
12 to 17 lbs	0.8 ml (80 mg)
18 to 23 lbs	1.2 ml (120 mg)

### *Web Resources*

- [www.preventiveoz.org](http://www.preventiveoz.org)
- [www.zerotothree.org](http://www.zerotothree.org)
- [www.brightfutures.org](http://www.brightfutures.org)
- [Guide to oral health](#)
- [Children's Hospital of Philadelphia Vaccine Website](#)