

PARKSIDE PEDIATRICS, S.C.
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Parkside Medical Center
at Lutheran General Hospital
1875 Dempster Street, Suite 650
Park Ridge, Illinois 60068

Hours: Mon. and Tues. 9-5
 Thurs. 12-8
 Fri. and Sat. 9-1
Phone: 847/823-8000

Name _____ Date _____

Height _____ Weight _____ Head _____

SEVEN/EIGHT MONTH OLD INSTRUCTIONS

FEEDING:

The typical infant is feeding 4-5 times per day during the parent's waking hours. Notify us during office hours if your child is consistently feeding more than 5 times per day or is consistently consuming more than 32 ounces of formula per day. The preferred formula until 12 months of age is Similac Advance.

SUPPLEMENTAL FOODS:

1. Continue with either breastfeeding or Similac Advance. If your child is on formula, they should be taking between 24 to 32 ounces per day. Continue with cereal and vegetables as before.
2. You may now add fruit or meat at the lunch or dinner feedings. It may be home cooked without salt and then pureed or store bought. Home prepared pureed foods may be frozen in cubes for later reheating as done previously with vegetables. Low fat meats are preferred such as chicken, turkey, veal, or lean cuts of beef, pork, or lamb.
3. Remember to add only one new food to the diet every 5 days so as to detect any reaction.
4. Small amount of milk products including cottage cheese and active culture plain or vanilla yogurt such as Dannon or Yoplait may also be offered to your child.
5. Stage 2 food consistency should be started now.
6. Discuss with us regarding the addition of eggs, strawberries, raspberries, peanuts, fish, and kiwi prior to 12 months of age due to the concern about possible allergic like reactions.
7. Finger foods are a fun addition at this age. Suitable items include small pieces of Cheerios, puffed rice, or Rice Krispies. Avoid hard biscuits and zwieback due to the significant risk of choking.
8. The use of a cup should be encouraged at this age for developmental, not nutritional reasons. You can use formula, water, or very dilute juice. Cups without handles tend to be more easily controlled by children at this age.
9. Raw honey or corn syrup, (i.e. Karo® syrup) on pacifiers, in the bottles, by itself, or on food, is strongly discouraged due to the small but real risk of botulism.
10. Although not encouraged, juices may be added to the diet. Remember, they are mainly a snack with limited nutritional value. Infant juices need not be used, as the infant is able to tolerate regular juices now. However, the quantity of the undiluted juice should be limited to 2 to 4 ounces per day and may be diluted with as much water as you desire. Suitable juices include apple, citrus, pineapple, and prune. Remember to add only one new food to the diet every 5 days so as to detect any reactions.
11. Sterilization of the bottles is no longer necessary. However, continue to wash them in hot soapy water.
12. Water used in formula preparation, or offered by itself, may be used directly without boiling.

WATER:

For strong bone and teeth development, your child needs to consume at least 8 ounces of fluoridated water per day. If your child is on formula, this can be obtained most easily by switching from ready-to-feed to a concentrate or powdered form using fluoridated water to reconstitute these formulas. The best option is filtered tap water. Ideally, the filter removes at minimum lead and chlorine with a refrigerator filter or a faucet mounted filter such as those from Brita or PUR being appropriate options. Carry liquids in hard plastic, aluminum, or stainless steel containers – glass containers are acceptable if they can be used safely in light of potential breakage – avoid cheap plastic bottles.

VITAMINS:

If your breast-fed child is supplemented with less than 16 ounces of formula per day, Poly-Vi-Sol with Iron, an over the counter vitamin, will be continued at a dose of 1.0 ml per day. If your child is consuming 16 or more ounces of formula per day, Similac Advance should be used and no supplemental vitamin is necessary. Notify us if your infant is not consuming at least 8 ounces of fluoridated water a day so an appropriate fluoride supplement can be prescribed. Water used to mix formula counts toward the 8 ounce requirement.

SLEEP:

The average child is sleeping 10½ to 11 hours at night with 2 naps during the day totaling 3 to 3½ hours. If your child is still frequently waking at night or is excessively tired during the day, discuss possible solutions with us during office hours.

DEVELOPMENT:

Over the next 2 months your child will develop an increasing ability to sit by themselves. Although they may start to arm crawl, much of the progress they achieve is by rolling. They will start to put the arms in front of the face to prevent washing. You will also note the onset of the pincher grasp. They also begin to enjoy uncovering objects hidden by a towel. They will also respond to the word “no”, look for a dropped toy, and may start to say “da-da” and “ba-ba”. Frequent book reading to your child is strongly encouraged.

ILLNESS MANAGEMENT:

Over the counter cough and cold medicines are not approved for use until 4 years of age.

SAFETY:

Protect all electrical outlets with covers that are difficult to remove. We recommend using a brand name item such as those made by Kindergard®. Use quality gates to protect stairs, both the top and the bottom, until your child learns to go up and down well. Avoid accordion style gates which are notorious for causing entrapment injuries. Store all medications in locked cabinets and in the original containers. If safety latches are used, we strongly recommend a name brand such as Kindergard. Discard old medications. For example most liquid antibiotics need to be refrigerated and are good only for 10 to 14 days.

The phone number for Poison Control Center downtown is 800-222-1222. This number, as well as the number for the nearest emergency room and our office, should be readily available at all times, ideally in your cell phone.

Poison Control is **always** your first contact and we are the second.

Your child will not have enough head and neck control to be able to be taken for a bike ride until at least 12 months of age.

If you have not done so already, start lowering the mattress on the crib to the lowest position to minimize the risk of your child falling out as they start to pull to stand.

Once your child is able to reach any mobiles mounted on the crib, they should be removed.

Continue to position your child’s car seat facing the rear of the car until 24 months of age. Neck muscles, still relatively weak, will not provide adequate support during a head-on collision if the child is facing forward, thereby risking serious injury to the child’s spinal cord.

It is recommended that double-hung windows be opened from the top rather than the bottom to avoid having your child fall if they lean on the screen.