

**PARKSIDE PEDIATRICS, S.C.**  
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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 ProAdvance.

**SUPPLEMENTAL FOODS:**

1. Continue with either breastfeeding or formula. If your child is on formula, they should be taking between 28 to 32 ounces per day.
2. Now advance to Stage 2 consistency foods. Home prepared foods ideally should be made with increasing consistency and without added salt. Low fat meats are preferred such as chicken, turkey, veal, or lean cuts of beef, pork, or lamb. The only foods to avoid are raw honey, corn syrup, items your child may choke on, and spices from Asia. Wild Atlantic Salmon is a safer fish option with lower risk of mercury and toxin ingestion.
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 may also be offered to your child.
5. Finger foods are a fun addition at this age. Suitable items include small pieces of Cheerios, puffed rice, or Rice Krispies. You may also use very small pieces of soft well cooked vegetables, ripe fruit, or meat. Avoid hard biscuits and zwieback due to the significant risk of choking.
6. 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.
7. 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.
8. 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.
9. Sterilization of the bottles is no longer necessary. However, continue to wash them in hot soapy water.
10. 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), should be given at a dose of 1.0 ml (one dropper) per day. Formula only fed children need no additional vitamins. 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 at least 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.

Appropriately discard old medications – check with your Pharmacy or local collection facility – do not put them in the trash, toilet, or sink. 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, lower 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 at least 2 years of age. The shoulder straps should come out of the slot at or just below the level of your child’s shoulders.

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.