

PARKSIDE PEDIATRICS, S.C.

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

Name _____ Date _____

Height _____ Weight _____ Head _____

NINE THROUGH ELEVEN MONTH OLD INSTRUCTIONS

FEEDING:

For maximal nutritional benefit, we recommend continuing with either breast feeding or formula, rather than switching to cow's milk until your child is 12 months old. This is the current recommendation by the American Academy of Pediatrics and is intended to minimize the potential of an adverse developmental and physical outcome to your infant. Formula fed infants should consume between 16 to 32 ounces per day.

Continue to expand the variety of foods. Always offer a balanced variety of food from all four food groups at each meal. If your child lacks an appetite for a particular item at one meal, they will often accept an alternate choice from the same food group later in the day or week. In the aggregate, the child will get a balanced diet if consistently offered balanced choices. Try different forms of the same food if your child tends to reject it (raw versus cooked vegetables, French Cut green beans rather than regular cut), or give them something healthy to dip the food item into such as yogurt.

Your child should be advanced to stage 3 foods and the amount of appropriate finger foods should be increased. 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. The only foods to avoid are raw honey, corn syrup, items your child may choke on such as hard biscuits and zwieback, and spices from Asia. Wild Atlantic Salmon is a safer fish option with lower risk of mercury and toxin ingestion

If you have not done so already, now is the time to introduce a cup. Cups without handles tend to be more easily controlled by children.

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 11 hours a night with 2 naps during the day totaling 2½ 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 3 months, your child will begin to assume the sitting position without help. They will be able to walk with one hand held and start to throw objects to the floor. They may have a 2 to 3 word vocabulary, but know many more words. The children tend to be shy at this age. A bear walk, using the hands and feet is common. Continue frequently reading books to your child as well as providing opportunities for exploration.

SAFETY:

Never leave hot objects including cigarettes within reach of your child. If you can control your hot water temperature, decrease it to 110° or 120° so as to minimize the risk of a serious burn if your child decides in the future to give him or herself a bath. This temperature is certainly warm enough for bathing and most dishwashers. One way of testing the water temperature is to use a meat thermometer. If the water is too hot, turn down the water heater setting and recheck the temperature 24 hours later.

If your child does burn himself, immediately place the area in cold water and call us.

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.

We strongly recommend that both parents complete a course in CPR if you have not done so already. Places to contact for programs include community colleges, local hospitals, and the Red Cross.

The phone number of the Illinois 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.

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.

If you plan to ride your child on the back of your bike, we recommend waiting until 12 to 13 months of age when the neck control and strength are better. Use a good quality bike seat, which is securely mounted, has a 5 point harness, and protects the hands as well as the feet. When you buy a bike helmet, look for the ANSI (American National Standards Institute) or Snell sticker to indicate safety testing and approval. Make sure it not only protects the skull but also comes down to cover the cheek bones and the sides of the face.

HYGIENE:

Continue to brush your child's teeth at least once a day with an infant toothbrush with the most important time being before going to bed for the night. Now is the time to start adding a small "speck" of toothpaste. This should contain fluoride but not peroxide, whiteners, brighteners, or tartar control agents.

SEASONAL RECOMMENDATIONS:

To minimize the risk of acute and chronic skin damage, maximize the use of physical barriers such as clothing, including hats and sunglasses, and coverings such as canopies and umbrellas. Acknowledging the sensitivity of the skin in younger children, if necessary, the aggressive use of lotion based, broad spectrum, water resistant sun blocks with at least an SPF of 30 or higher would be preferable over sun burn-physical sun blocks such as zinc and titanium are recommended over chemical sun blocks. They should be liberally applied, ideally 20 to 30 minutes prior to sun exposure. Reapplication should routinely occur at least every 4 hours, although it should be at a minimum of every 2 hours with water exposure. Spray application of sun protection is strongly discouraged.

To minimize the risk of insect bites/stings and any associated complications, the use of appropriate insect netting should be utilized when appropriate. Wash the child using non-perfumed soap and cover the skin as much as possible utilizing light colored clothing that has been washed with a non-perfume containing detergent. If, despite these measures, it is felt that the risk of insect bites/stings warrants a greater degree of protection, liberally apply an appropriate insect repellent, such as Cutter Advanced (which can be found at Ace Hardware), to the clothing. Apply sparingly to any exposed skin taking care to avoid the eyes and mouth, as well as the hands in those who may put them into their mouth without washing. The utilized product should be washed off by the end of the day.