



Pediatric and Adolescent Medicine
 11119 Rockville Pike, Ste. 310
 Rockville, Maryland 20852
 (301) 468-9225

Raymond H. Coleman, M.D., F.A.A.P.
Nandini Thillairajah, M.D., F.A.A.P.
Jeffrey D. Greenberg, M.D., F.A.A.P.
WWW.Coleman-Pediatrics.Com

HEALTH MAINTENANCE INFORMATION SHEET – AGE 9-10 MONTHS

Date	Age	Wt	Ht	Head Size	Next Appt.
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Acetaminophen Dosing: Children’s Suspension (160 mg/5 ml)_____

Ibuprofen Dosing: Infant Drops (50 mg/1.25 ml)_____

NUTRITION

- Breast: Continue Fluoride with Vitamin D supplement. Infant may self-wean between 9-12 months.
- Formula: Use of iron-fortified formula is preferred until 1 year, 20 to 30 oz. per day. To prevent tooth decay, do not allow bottle in crib.
- Solids: Full variety of cereals, fruits, vegetables, and meats. Stay away from dairy, fish, eggs, nuts, and citrus. Introduction of “table foods” and “finger foods” (cheerios, crackers, biter biscuits). No raisins, nuts, popcorn, hot dogs, raw carrots or celery, or hard candy (potential chokers). Continue to avoid honey.

GROWTH AND DEVELOPMENT

- Sits independently and maintains position well. Crawls. Pulls up to stand and may walk holding on. May stand alone.
- Good pincer grasp and ability to grasp objects. Uses fingers to self-feed. Expect child to be messy.
- Repeats syllables, makes consonant sounds.
- Increased understanding of a few words: “no” or “bye”. Responds to name. May imitate (bye-bye, peekaboo)
- Stranger and separation anxiety

IMMUNIZATIONS AND PROCEDURES

- CBC (blood test for anemia) and Sickle test if needed. Lead screening.
- HBV#3, Skin test for tuberculosis (PPD).
- MMR and VZV will be given on or after 1-year birthday. Make sure to come AFTER the 1 year birthday since the county will not accept early vaccines.

ACCIDENT AND SAFETY

- Always use rear facing car seats. May need new car seat for 20 lbs. or more.
- Increased danger of home accidents with child’s increased mobility.
- DO NOT USE topical teething preparations.
- Pay attention to stair gates, electric outlet covers, keeping small objects out of reach. Blockade upper story windows. If you open upper floor windows, open the top sash.
- Secure electrical cords and outlets, window shade cords, etc. Lock up medicines, cleaners, and other dangers.
- Check smoke alarms and carbon monoxide detectors.
- Turn down hot water heater setting to 120-125 degrees (safe zone).
- **POISON CONTROL 1- 800-222-1222.** Do not use syrup of ipecac.
- Constantly supervise infant in pool or bath.

MISCELLANEOUS

- Teeth can be gently brushed with water and soft brush. Toothpaste is unnecessary. No Fluoride.
- Re-enforce day-night schedules, regular meals, sleep rituals.
- Set consistent limits. Handle anger and frustration by ignoring outbursts, redirecting and calming.

RESOURCES

- Montgomery County Recreation Department Catalog
- “Mommy and Me” programs
- Washington Post Weekend section
- See Blue Folder