

9 month - well child care

Arrival Time: _____

Household

Who lives in the home (e.g. Father, mother, brother, etc.)? _____

Does your child attend daycare? Yes No

Development

Crawls	Yes	No
Scoots on stomach	Yes	No
Walks holding on to things like furniture.	Yes	No
Picks up objects with thumb and finger only	Yes	No
Finger feeds	Yes	No
Feeds self cookie or cracker	Yes	No
Holds spoon by handle	Yes	No
Drinks from cup	Yes	No
Says "dada" or "mama"	Yes	No
Imitates sound	Yes	No
Plays peek-a-boo	Yes	No
Child gets upset around strangers	Yes	No

Nutrition

How is the baby fed? (circle one) Breast Fed Formula Fed

If Formula Fed, what is the name of the formula? _____

How much and how frequent? _____

If breastfeeding, is the child on a
vitamin D supplement (e.g. trivisol)? Yes No

What types of baby foods are you giving
your child now, (Stage of solids)? _____

Well water or city water? Well City

Bowel habits

How many stools a day?

What do the stools look like (soft, seedy, loose)? _____

Sleep Pattern

Sleeps through the night?

Safety

Car seat in back seat and rear facing?	Yes	No
Any smokers at home	Yes	No
Are there guns in the home?	Yes	No
Is water temperature less than 120 degrees?	Yes	No
Is your home childproof?	Yes	No

Miscellaneous

Any questions or concerns? Yes No
If yes, what are they?

Preventive Screen Questionnaire

Lead Risk Assessment:

Does your child live in a house or attend daycare in a house built before 1978?	Yes	No
Is anyone in your home being treated for lead poisoning?	Yes	No
Are there any renovations or peeling paint in your home or one your child visits?	Yes	No
Is there any family member who is currently working in an occupation or hobby where lead exposure could occur?(auto, ceramics, painter)	Yes	No

Tuberculosis Risk Assessment:

Was your child born in, or lived more than a year in a country other than the U.S.?	Yes	No
Has your child been exposed to anyone with either active or a history of Tuberculosis disease?	Yes	No
Is your child living in a house hold with anyone who is HIV Positive?	Yes	No
Is your child part of a migrant worker family?	Yes	No

Heart Disease/Cholesterol Risk Assessment:

Is there a family history of parents/grandparents under 55 years of age with a heart attack, heart surgery, angina or sudden cardiac death?	Yes	No
Has the child's mother or father been diagnosed with high cholesterol? (240 mg/dL or higher)	Yes	No
Is the child/adolescent overweight?	Yes	No
And is there also a personal history of:		
Smoking?	Yes	No
Lack of physical activity?	Yes	No
High blood pressure?	Yes	No
High cholesterol?	Yes	No
Diabetes mellitus?	Yes	No



STEPS TO INFANT FEEDING

INFANT 9-12 MONTHS

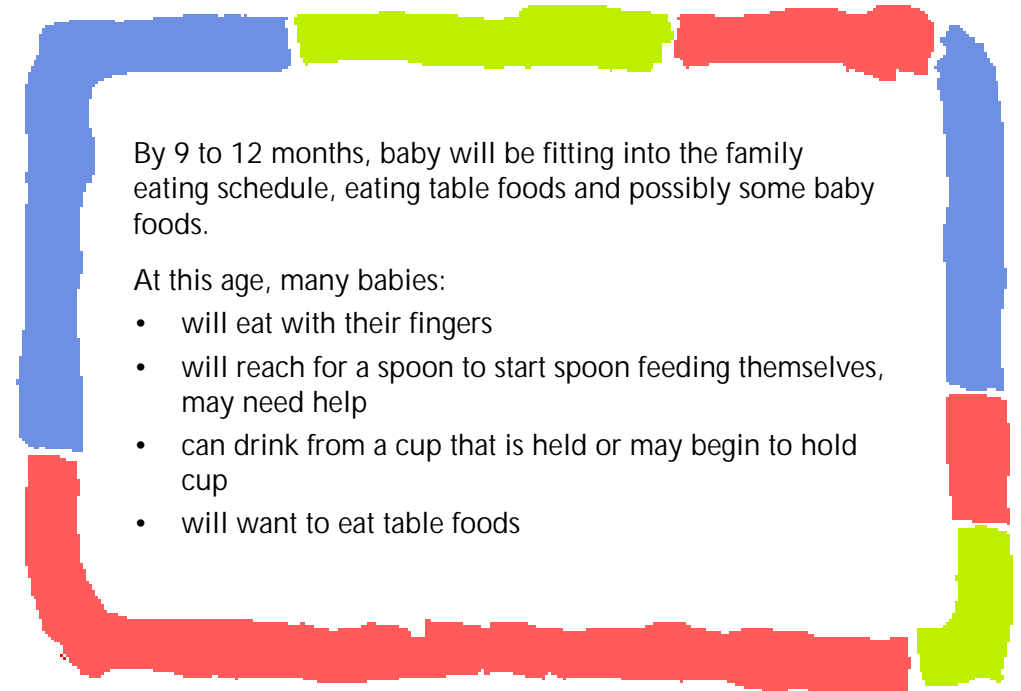


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DEPARTMENT OF HEALTH



By 9 to 12 months, baby will be fitting into the family eating schedule, eating table foods and possibly some baby foods.

At this age, many babies:

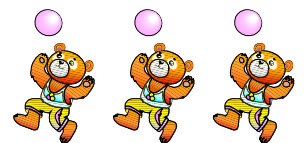
- will eat with their fingers
- will reach for a spoon to start spoon feeding themselves, may need help
- can drink from a cup that is held or may begin to hold cup
- will want to eat table foods

HELPFUL HINTS

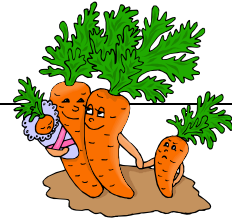
- ♥ A relaxed, pleasant atmosphere is an important part of feeding children of all ages.
- ♥ Offer more and more breast—milk or formula in the cup so baby begins weaning process from the breast or bottle.
- ♥ Baby will gradually move from baby foods to table foods as they are able to eat foods with more texture.
- ♥ Table foods should be soft and easy to chew.
- ♥ Always stay with baby when baby is eating.
- ♥ Baby's tummy is small so it is important to feed healthy foods first. Sweet foods and other foods like potato chips don't give baby what is needed for healthy eating.
- ♥ Pop, kool-aid, fruit punch, tea and coffee are not good drinks for baby.



Feeding Schedule: 9 – 12 Months



AGE	FOOD	DAILY AMOUNT
9-12 Months	BREAST-MILK OR Iron Fortified Formula Infant cereal Infant Juice	3 to 4 feedings, OR on demand OR 24 to 32 oz. Total per day 4-6 Tbsp. 4 oz. or ½ cup (from cup only)
9-10 Months 11-12 Months	Fruits	6 - 8 Tbsp. 8 Tbsp. or ½ cup
9-10 Months 11-12 Months	Vegetables	6 - 8 Tbsp. 8 Tbsp. or ½ cup
9-10 Months 11-12 Months	Meats	4 - 6 Tbsp. 8 Tbsp. Or 2 oz. Or ½ cup



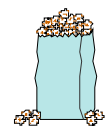
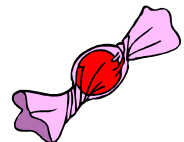
Suggestions When Using Solid Foods

GRAIN PRODUCTS	MEAT
<ul style="list-style-type: none"> ♥ Offer infant cereal until one year of age. If refused, mix in with other foods in small amounts. ♥ Grain products make good finger foods: crackers, dry WIC cereals, bread, noodles, mashed rice, soft tortilla pieces, toast, etc. ♥ No need to add sugar or syrups to cereal, etc. 	<ul style="list-style-type: none"> ♥ Offer pureed or finely chopped lean meat, poultry, cooked egg yolk, cheese, yogurt, mashed beans, or peas. ♥ Limit use of fried meats, gravies, and sauces. ♥ Avoid use of too many processed meats such as hot dogs, luncheon meats, bacon, and sausage. They are high in fat and salt and can cause choking.
FRUITS AND VEGETABLES	JUICE
<ul style="list-style-type: none"> ♥ Plain fruits and vegetables are best. No need to add salt, sugar, syrups, oil, butter or other fats or seasonings. Child learns to enjoy the flavor without these. ♥ Never add honey to baby's foods, it can contain botulism spores which will make baby sick. ♥ Be sure to remove seeds and pits. 	<ul style="list-style-type: none"> ♥ Offer 100% juices, adult or infant. ♥ Offer in cup, not bottle. Avoid offering pop, fruit punches, aides and drinks, gelatin water, coffee, or tea. ♥ Be aware of juice serving size for age. Too much juice can affect baby's appetite and prevent baby from eating enough other foods.

PREVENT CHOKING

Choking is a major cause of fatal injury in infants. It can occur anytime, anywhere.

WAYS TO PREVENT CHOKING	FOODS THAT CAN CAUSE CHOKING
<ul style="list-style-type: none"> ♥ Feed small portions ♥ Help infant eat slowly ♥ Maintain a calm meal atmosphere ♥ Watch while infant eats ♥ Don't prop baby's bottle ♥ Be sure bottle nipple holes are not too large ♥ Offer solids when baby is ready, not too early ♥ Don't offer food to infant who is crying, lying down, walking, talking, laughing or playing ♥ Offer foods that are not too large or too small in size, too firm, too smooth, or too slick. ♥ Foods should not be too hard or round in shape, sticky, or tough. 	<ul style="list-style-type: none"> ♥ Tough meat ♥ Hard candy ♥ Popcorn, nuts, or seeds ♥ Hot dogs or sausages ♥ Marshmallows ♥ Potato chips, corn chips, etc. ♥ Large chunks of cheese ♥ Whole kernel corn ♥ Chewing gum ♥ Uncooked raisins or other dried fruits ♥ Fruit pieces that are hard or have pits ♥ Whole fruits that are round, like grapes, cherries, berries ♥ Whole canned fruit ♥ Raw vegetable pieces ♥ Fish or meat with bones







CHOKING: WHAT EVERY PARENT NEEDS TO KNOW


- * Choking is a leading cause of death in young children and toddlers.
- * Children are most likely to choke on small objects.

COMMON CHOKING HAZARDS

FOODS	HOUSEHOLD ITEMS
Hot dogs and sausages	Coins
Chunks of meat	Toys with small parts
Grapes 	Small balls and marbles
Hard candy	Balloons 
Popcorn	Arts & crafts materials
Peanuts and nuts	Ballpoint pen caps
Raw carrots	Watch batteries
Fruit seeds	Jewelry
Apple chunks	
Peanut butter	



WHAT PARENTS CAN DO:

- Avoid feeding your child hot dogs, apple chunks, raisins, and other foods that can cause choking without an adult present.
- Use a highchair or infant seat while feeding your child.
- Don't allow your child to walk or run while eating.
- Cut hot dogs in quarters lengthwise and then into small pieces. Cut whole grapes into small pieces. Chop nuts and carrots finely. Spread peanut butter thinly on crackers or bread.
- Don't let your child play with toys that have small parts that could be swallowed. 
- Keep objects such as safety pins, nails, tacks, screws, jewelry, and coins out of child's reach.
- Check your house routinely for small objects and don't leave toddlers unattended.

REMEMBER:

- * **ALWAYS** watch your child while eating
- * **NEVER** leave your child alone while eating
- * **LEARN** CPR and the Heimlich maneuver.
- * **Call 911** if you are unable to get your child to breathe.

5,000 copies of this publication were printed by the South Dakota Department of Health at a cost of \$.05 per copy.

