



9 Month Old Child Wellness Visit

Philadelphia FIGHT Pediatrics

(215) 525-8600

pediatrics@fight.org



What will happen today:

- You and your medical provider will talk about parenting, your home, your baby's health and safety, and keeping your baby happy and healthy
- Your baby may need one or more shots if any were missed
- Your medical provider will address any concerns you have



Lead Testing

What is lead?

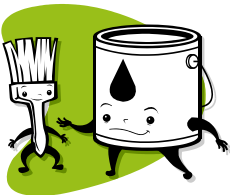
- Lead is a poison found in older homes and even in some toys
- Even a small amount of lead can hurt your child's brain, blood, and kidneys

Where does lead come from?

- Lead was used in house paints until the 1970s
- Lead can still be found in dust from old paint, the soil, and in some water supply pipes and plumbing

What can I do to protect my child?

- Get your child tested today!
- Wash your child's hands many times a day
- Wash toys and pacifiers
- If worried about lead, call the Child Lead Program at 215-685-2797



Sleep

- Put your baby to sleep when they are tired and not all the way to sleep
- Your baby will learn to soothe themselves to sleep this way

Development

- Pulls to stand; rolls over to sit up
- Early two-finger grasp; bangs toys together
- Waves bye-bye; plays patty-cake
- Says mama and dada randomly
- 2 syllable sounds

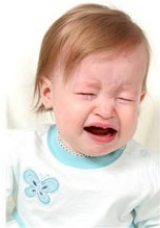







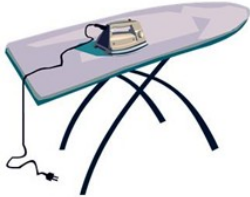





Smoke Free
Home & Car
1-800-QUIT-NOW

Poison Control Center
1-800-222-1222



Staying Healthy for 9 Month Olds

<p>Social</p>	 <p>It's normal for a baby to be attached to its parents and get upset around strangers</p>	 <p>Help your baby learn by reading, talking and singing with them</p>	 <p>Give your baby lots of safe toys and a safe place to play with them</p>
<p>Feeding</p>	 <p>Let your baby try different kinds of foods with different tastes and textures</p>	 <p>Give 3 meals a day with 2 or 3 snacks</p>	 <p>Your baby should be ready to use a sippy cup</p>
<p>Safety</p>	 <p>Keep your baby away from things that are too small because it could cause choking</p>	 <p>Car seats should always be in the back of the car, facing towards the back</p>	 <p>Keep heavy or hot things away from where your baby could pull them down</p>
<p>What to Expect</p>	 <p>Your baby will start to stand and may even take a few steps</p>	 <p>Your baby will start to say words like "mama" and "dada"</p>	 <p>Your baby will follow directions like "come here" or "get the ball"</p>

At the next visit:

- Your child will have a physical exam
- They may receive shots

