



DOSING CHART

Acetaminophen: Give every four to six hours as needed. Don't exceed five doses in 24 hours.

mL = milliliter tsp = teaspoon		Infants' Oral Suspension	Children's Acetaminophen Oral Suspension	Children's Acetaminophen Meltaway Chewable Tablets (80 mg)	Jr. Acetaminophen Meltaway Chewable Tablets (160 mg)
Acetaminophen	Weight				
	6-11 lbs.	1.25 mL	—	—	—
	12-17 lbs.	2.5 mL	—	—	—
	18-23 lbs.	3.75 mL	—	—	—
	24-35 lbs.	5 mL	5 mL (1 tsp)	2 tablets	—
	36-47 lbs.	—	7.5 mL (1.5 tsp)	3 tablets	—
	48-59 lbs.	—	10 mL (2 tsp)	4 tablets	2 tablets
60-71 lbs.	—	12.5 mL (2.5 tsp)	5 tablets	2.5 tablets	
72-95 lbs.	—	15 mL (3 tsp)	6 tablets	3 tablets	

Ibuprofen: Give every six to eight hours as needed. Don't exceed four doses in 24 hours. Always give with food.

		Infant Drops 50 mg/1.25 mL	Children's Suspension Liquid 100 mg/5 mL	Children's Chewable Tablets 50 mg each	Jr. Strength Chewable Tablets/Motrin Tablets 100 mg each
Ibuprofen	Weight				
	12-17 lbs.	1.25 mL	—	—	—
	18-23 lbs.	1.875 mL	—	—	—
	24-35 lbs.	—	5 mL (1 tsp)	2 tablets	—
	36-47 lbs.	—	7.5 mL (1.5 tsp)	3 tablets	—
	48-59 lbs.	—	10 mL (2 tsp)	4 tablets	2 tablets
	60-71 lbs.	—	12.5 mL (2.5 tsp)	5 tablets	2.5 tablets
72-95 lbs.	—	15 mL (3 tsp)	6 tablets	3 tablets	

*If under 6 months of age, please consult your pediatrician.

PEDCARE
Children's Clinic

Address : 3001 W Illinois Ave Ste # 1A, Midland, TX 79701

432-695-6300

9 MONTH CHECKUP

Date: _____

Weight: _____

Length: _____

Head Circumference: _____

Next Visit: **12 Months of Age**

Sleep

- Continue to follow a regular bedtime routine. It is not uncommon for babies to wake up in the night. Try to let them fall back asleep on their own without feeding or rocking.

Nutrition

- Now is the time for the transition to table foods and finger foods.
- Good examples are small, soft vegetables, crackers, Cheerios, cheese, chopped meats, and bananas. Many physicians recommend avoiding egg whites, peanut and nut products, fish, wheat, and citrus fruits until after 12 months since these are foods most likely to cause allergies.
- Do not give your baby hard, small foods like peanuts or whole grapes. These are easy to choke.
- Don't worry if your baby

occasionally gags.

- It's also time to start using a cup/sippy cup.
- Do not put your baby to bed with a bottle or cup since this will cause tooth decay.
- Give formula or continue breastfeeding until 1 year of age. Then you can switch to whole milk.
- Your goal is to get your baby off the bottle at about 1 year of age.
- Continue fluoride supplement if you have well water. on.

Development

- Pulling up, sitting up without assistance and, cruising (walking around furniture and other objects while holding on) are the milestones of this age.
- He/she will begin to use a pincer grasp (thumb and index finger) to pick up objects.
- Your baby will begin to talk with sounds such as Da-Da, Ma-Ma and Bye-Bye.

Safety

- Refer to the Car Seat Safety Handout provided at this visit for further details.
- Be sure that you have read the

- injury prevention guide given at the 6 month visit and perform a safety inspection of your home.
- If your baby eats or drinks something he/she should not, call Poison Control at (800) 292-6678.
- Remove guns from the home or keep them unloaded and locked up.

Behavior

- Your baby will be more independent.
- Discipline mainly by removing the temptation or by distracting them.
- He/she will understand "No, No," but will not remember this.

Immunizations

- Please see attached sheets for vaccines given today.
- You may see fever, fussiness, and swelling or redness at the site of the injection.
- You can give Tylenol (see dosing chart) every 4 hours or Advil/Motrin every 6 hours as needed. Use a cool compress if needed.
- For rare reactions (temperature greater than 103°F, fever associated with seizure, a screaming fit or a limp spell), call your pediatrician.

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