

# BOULEVARD CENTER PEDIATRICS

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Today's Date: \_\_\_\_\_

**9 Months Visit**

**Next Visit: @ 12 Months of Age**

Your Child's Weight: \_\_\_\_\_ lbs Weight% \_\_\_\_\_ Your Child's Height: \_\_\_\_\_ in. Height %: \_\_\_\_\_ HC \_\_\_\_\_ %

**Immunizations Recommended:** \_\_\_ HepB (Hepatitis B) \_\_\_ Influenza (Flu) **Lab Testing:** Lead & Hemoglobin (at 9 or 12 mths)

**Vaccine Information Sheets:** Please read a hard copy from the binder in the patient room or

Online at: <https://www.cdc.gov/vaccines/hcp/vis/current-vis.html>

Possible Vaccine Side Effects Include: Fever, Redness or Swelling at Injection Site, Loose Stools

If your baby develops fever, excessive fussiness or irritability, please call us at (703) 670-0300 to discuss or seek medical attention as these can also be signs of serious illness in infants.

You can treat fever with Acetaminophen syrup (160mg/5ml.) *Today*, your Acetaminophen/Tylenol dose is: \_\_\_\_\_ ml.

You can treat fever with Ibuprofen (100mg/5ml.) *Today*, your Ibuprofen/Advil dose is: \_\_\_\_\_ ml.

**Referred To:** \_\_\_\_\_

**Referrals:** Inova Speciality Center 703-970-2600; CNMC 888-884-2327; Eye: Dr. Parelhoff 703-670-4700; Early Intervention 703-792-7879 Woodbridge Health Department: 4001 Prince William Pkwy, Suite 101 703-792-7300; Labcorp 14010 Smoketown Rd, Suite 101; Quest 2080 Daniel Stuart Sq.

## Your Baby and Family

- Tell baby in a nice way what to do ("Time to eat"), rather than what not to do.
- Be consistent.
- Do things the way you want your baby to do them – you are your baby's model.
- Make your home and yard safe.
- Use "No!" only when baby is going to get hurt or hurt others.
- Take time for yourself and with your partner. Keep in touch with family and friends.
- Invite friends over or join a parent group.
- Use only mature, trustworthy babysitters.

## Feeding Your Baby

- Be patient with baby as he learns to eat without help. Being messy is normal.
- Give 3 meals and 2-3 snacks each day.
- Vary the thickness and lumpiness of baby's food.
- Start giving more table foods; Give only healthy foods. Don't give baby soft drinks, tea, coffee or flavored drinks.
- Avoid forcing baby to eat. Babies may say no to a food 10-12 times before they will try it.
- Help baby use a cup.
- Continue to breastfeed or bottle feed until 1 yr; don't change to cow's milk.

- No foods need to be withheld except for raw honey and chunks that could cause choking.

## Your Changing and Developing Baby

- Keep daily routines for baby.
- Make the hour before bedtime loving and calm.
- Check on, but do not pick up baby, if he wakes at night; Night feedings end around this age.
- Watch over baby as he explores the inside and outside the home.
- Crying when you leave is normal, stay calm.
- Give baby balls, toys that roll, blocks and containers to play with.
- Avoid the use of TV, videos and computers.
- Show and tell your baby in simple words what you want him to do.
- Avoid scaring or yelling at your baby.
- Talk, sing and read daily.

## Safety

- Use a rear facing car safety seat in the back seat in all vehicles.
- Have your child's car safety seat rear facing until baby is 2 yrs of age or until he reaches the highest weight or height allowed by the car safety seat's manufacturer.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Always wear your own seatbelt and don't drive after using alcohol or drugs.

- Empty buckets, pool and tubs right after you use them.
- Place gates on stairs; don't use a baby walker.
- Don't leave heavy or hot things in tablecloths that baby could pull over.
- Put barriers around space heaters, keep electrical cords out of baby's reach.
- Never leave baby alone in or near water, even in a bath seat or ring. Be within arm's reach at all times.
- Keep poisons, medications and cleaning supplies locked up and out of your baby's sight and reach.
- Install openable window guards on 2<sup>nd</sup>-story and higher windows; keep furniture away from windows.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.
- Keep your baby in a high chair or playpen when in the kitchen.

## Healthy Teeth

- Clean gums and teeth 2 times per day with a soft cloth or soft toothbrush with a small smear of fluoride toothpaste (the size of a grain of rice.)

## WHEN TO CALL YOUR DOCTOR'S OFFICE:

Call our office at (703) 670-0300 if he or she: Has a rectal temperature of 100.4°F or higher, Cries a lot more than normal or can't be comforted, Has any illness or medical condition

**Call 911 or go to the nearest ER** for medical emergencies (trouble breathing with or without bluish discoloration of lips/face, high/persistent fever, excessive vomiting or diarrhea and dehydration, seizure, limp or lethargy, apnea, altered mental status, un-consolable crying, motor vehicle accident and injury.

Poison Help: 800-222-1222

Child Safety Seat Inspection: 866-Seatcheck or seatcheck.org

**Additional Resources:** American Academy of Pediatrics: [www.aap.org](http://www.aap.org), Info on Common Illnesses: [www.healthychildren.org](http://www.healthychildren.org)

**\*\*Medicaid Patients: Be sure to recertify your child's Medicaid before baby turns 1 year old or your child's coverage will terminate\*\***