



105 Richeson Drive  
Lynchburg, Virginia 24501  
434.385.7776

[www.richesondrivepediatrics.com](http://www.richesondrivepediatrics.com)

**9 month old**

Date: \_\_\_\_\_ Age: \_\_\_\_\_

Name: \_\_\_\_\_ Ht. \_\_\_\_\_ Wt. \_\_\_\_\_

**Nine to Twelve month old can:**

- Put anything in mouth
- Attempt to walk
- Use sippy cup to be weaned off bottle by 12 months
- Respond to name
- Understand "no" and "bye-bye"
- Have temper tantrums
- Climbs stairs
- Open bottles, cabinets, and drawers

**Foods:**

- Table foods, start sippy cup
- Avoid whole milk, honey, and juice

**Supplement:**

- Vit D for breast fed babies
- Fluoride supplement if using well water
- Fluoride toothpaste (can start brushing teeth with a 'grain of rice' size or smear)

**Stimulation:**

- Cloth books, stacking toys, rolling toys (balls)
- Jack in the box, mixing bowls
- Read, sing, dance
- No tv until 2 years old

**Safety:**

- Car seat- rear facing until the age of 2
- Never leave child unattended in car or bath
- CHILD PROOF HOUSE- fence stairs, lower mattress cover electrical outlets, safety locks
- Poison Control- 1-800-222-1222

**Suggested Reading:**

- The Baby Sleep Solution* by Suzy Giordano
- What to Expect in the First Year* by Heidi Murkoff

**Resources:**

- [www.healthychildren.org](http://www.healthychildren.org) (American Academy of Pediatrics)
- [www.powerofmoms.com](http://www.powerofmoms.com)

**Return: 12 months of age**



## How to keep you family Healthy, Happy and Growing!!

We are proud to introduce and offer to all of our patients a convenient and secure way to access your child's personal health records through patient portal. Access your child's medical data from any computer; tablet or smartphone is easier than ever!



- Check your email for an invitation from Follow my health (may be in Spam folder)
- Create an Account
- Register as a proxy: someone with authority to represent someone else (your child)
- Your **INVITE CODE** is the year of birth of your oldest child (younger than 18) Watch the first time walk-through video or check out the video tutorial [www.richesondrivepediatrics.com](http://www.richesondrivepediatrics.com)
- At the top right corner of your portal page, you'll see a drop down arrow next to HELLO, Name.
- Click the name of your child to see their account.
- Growth charts are in the pie icon on the right
- Medications, allergies, weights and last visit are all available
- CONTACT US at staceyw1022@gmail.com or 385.7776

