

All About Children Pediatric Partners, PC

Telephone (610) 372-9222

Fax: (610) 372-0232

Web site: www.aacpp.com

Seven to Eleven Months Old

Name: _____ Date: _____

Height: _____ in. Weight: _____ lbs _____ oz Head: _____ cm

Immunizations given today: up to date
(bring shot record to every visit), please:

Simply Saline (please get this brand in the can - it has no preservative, others do): For congestion / stuffy nose / allergy symptoms up to 4 times daily

Acetaminophen: 0.8 ml every 6 hours for fever >101° F (38.5° C) or pain

Ibuprofen: 1/2 tsp every 6-8 hours for pain

Do **not** alternate ibuprofen and acetaminophen

Fluoride: 0.5 ml daily if there is no fluoride in your water.
Children need at least 16 ounces of fluoridated water daily.

Medicines prescribed:

For emergencies 24 hours/day, 7 days/week: Call 610-372-9222
- follow the instructions on the message - listen carefully, for changes

Food:

- Breast milk or _____ formula 16 - 20 ounces per day, maximum 5-6 ounces per feeding, burp every 1-2 ounces
- **Water** = 12-16 ounces per day
- **Grains & grain products - 2 servings:** 1 slice bread; 1/2 cup dry cereal; 1/2 cup cooked rice, corn, pasta, or cereal
- **Vegetables - dark green, green, yellow, potatoes - 2 servings:** 1 cup raw leafy vegetable; 1/2 cup cooked vegetable; 3/4 cup veg juice
- **Fruits & Tomatoes - 1 servings:** 3/4 cup fruit juice; 1 med fruit; 1/4 cup dried fruit; 1/2 cup fresh, frozen, or canned fruit
- **Meats, poultry, & fish, & eggs - 2 servings:** 3 oz. broiled or roasted lean meats, skinless poultry, or fish; 2 small or 1 extra large or jumbo egg
- **Beans or rice - 1 serving**
- **Fats, oils, & salad dressings - 1 servings:** 1 tsp oil or soft margarine; 1 tblsp regular mayonnaise; 1 tblsp regular salad dressing; 2 tblsps light salad dressing;
- **Snacks and sweets - 1 serving:** 1 medium fruit, 1/4 cup dried fruit; 1 cup low-fat yogurt; 1/2 cup low-fat frozen yogurt; 3/4 cup pretzels; 1 tablespoonful maple syrup, sugar, jelly, or jam

Tips for weight control:

- No TV in bedroom and restrict TV, VCR, DVD (electronic media) use to less than 60-90 minutes per day
- Discuss/plan the next day's TV/DVD/VCR watching the night before and stick to the plan - don't watch material that contains behaviors which you don't wish your child to learn
- Do not eat or drink while walking or driving/riding in a car
- Enjoying social conversation over family meals with small portions instead of gulping food rapidly.
- Read labels, avoid foods containing olestra (Olean), aspartame (NutraSweet), nitrates/nitrites, MSG (monosodium glutamate), bisulfites, high fructose corn syrup, food colors (especially Red # 2 and TD&C Yellow #5 = tartrazine)
- Avoid all soda (including diet), chips, dip, pretzels, crackers, ice cream and other "junk" food except as **very occasional treats**
- Maximum 4 ounces of juice per day. Dilute juice with water.
- Don't use chocolate or strawberry or other flavored milk; avoid products with sugar or corn syrup added - read labels!
- Always hold your infant for feeding. Never prop a bottle

Suggested Minimum Daily Exercise for Parents

- Walk for at least one-half hour outside with your baby every day all at once as fast as you can -
- Goal: 2 miles or 24 blocks in 30-45 minutes. If the weather is bad, cover the baby appropriately and take a walk anyway!

Remember safety first - prevent accidents before they happen!

- Use seat belts, car seats, high chairs
- Keep car seats in the car or on the ground and keep a hand on little ones unless they are on the floor or in their cribs.
- If your baby is sleeping with you, keep them on their belly on top of your body, not laying beside you on the bed.
- Be careful of hot bath water when your baby is near

Read / talk / play with your baby every day for at least 15 minutes four or five times a day.

- No TV until your baby is 2 years old.

Be aware of indoor air quality

- Avoid smoke of any kind, incense, sprays, air freshener, things with strong smells, carpet cleaner, scented candles, potpourri
- Dust from wall to wall carpets (remember that new carpets release formaldehyde) can be a problem.
- Animal dander, feathers, and dust mites can trigger allergies.

Use our telephone hour (7:30 - 8:30 am-7 days/week)

- Whenever your address or phone number changes
- For advice before you change your health insurance
- If you need an appointment for an ill child for that day
- To discuss concerns/problems that are not an emergency

Don't forget our secure website at www.aacpp.com for

- Notifying us of changes in your child's address, phone number or other information
- Lots of information on helpful websites, resources, information about child development, disease management and parenting suggestions
- Referral requests, prior authorization requests, appointment requests
- Information about our staff
- Corresponding with us about matters which are not urgent