



Reasons to go to ER: Green, Blood or Projectile Vomiting; Difficulty Breathing; No Urination in 3-4 hours; Frustration that may lead to harm your child; Fever alone is no longer medical emergency unless your child looks sick and does not respond to Tylenol or Motrin.

Bright Futures Parent Handout 9 Month Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

Your Baby and Family

- Tell your baby in a nice way what to do ("Time to eat"), rather than what not to do.
- Be consistent.
- At this age, sometimes you can change what your baby is doing by offering something else like a favorite toy.
- Do things the way you want your baby to do them—you are your baby's role model.
- Make your home and yard safe so that you do not have to say "No!" often.
- Use "No!" only when your baby is going to get hurt or hurt others.
- Take time for yourself and with your partner.
- Keep in touch with friends and family.
- Invite friends over or join a parent group.
- If you feel alone, we can help with resources.
- Use only mature, trustworthy babysitters.
- If you feel unsafe in your home or have been hurt by someone, let us know; we can help.

FAMILY ADAPTATIONS

Feeding Your Baby

- Be patient with your baby as he learns to eat without help. (Avoid cow's milk, honey)
- Being messy is normal.
- Give 3 meals and 2-3 snacks each day.
- Vary the thickness and lumpiness of your baby's food.
- Start giving more table foods.
- Give only healthful foods.
- Do not give your baby soft drinks, tea, coffee, and flavored drinks.
- Avoid forcing the baby to eat.
- Babies may say no to a food 10-12 times before they will try it.
- Help your baby to use a cup.
- Use saline rinse for congestion and colds.
 - Generally need to on 10-14 days before other therapy.
- Start brushing gums with toothbrush or wash cloth twice daily.
- Fluoride if none in water.

FEEDING ROUTINE

FEEDING ROUTINE

Your Changing and Developing Baby

- Continue to breastfeed or bottle-feed until 1 year; do not change to cow's milk.
- Avoid feeding foods that are likely to cause allergy: peanut butter, tree nuts, soy and wheat foods, cow's milk, eggs, fish, and shellfish.
- Keep daily routines for your baby.
- Make the hour before bedtime loving and calm.
- Check on, but do not pick up, the baby if she wakes at night.
- Watch over your baby as she explores inside and outside the home.
- Crying when you leave is normal; stay calm.
- Give the 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 her to do.
- Avoid scaring or yelling at your baby.
- Help your baby when she needs it.
- Talk, sing, and read daily.

INFANT INDEPENDENCE

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 your baby is at least 1 year old and weighs at least 20 pounds.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Always wear your own seat belt and do not drive after using alcohol or drugs.
- Empty buckets, pools, and tubs right after you use them.

SAFETY

- Place gates on stairs; do not use a baby walker.
- Do not leave heavy or hot things on tablecloths that your baby could pull over.
- Put barriers around space heaters, and keep electrical cords out of your baby's reach.
- Never leave your 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.
- Call Poison Help (1-800-222-1222) if you are worried your child has eaten something harmful.
- Install openable window guards on second-story and higher windows and 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.

SAFETY

What to Expect at Your Child's 12 Month Visit

We will talk about

- Setting rules and limits for your child
- Creating a calming bedtime routine
- Feeding your child
- Supervising your child
- Caring for your child's teeth

Next Well- 12 month (Blood/ Vaccines)

Poison Help: 1-800-222-1222

Child safety seat inspection:

1-866-SEATCHECK; seatcheck.org

NO TV until 2 years of age!!

Appointment Line and After Hours Provider:
410-293-2273

Sign up for Relay Health to e-mail
communicate with your provider at

www.RELAYHEALTH.com

Review your labs on TRICAREONLINE.COM



American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

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Temper Tantrums: A Normal Part of Growing Up



It's hard for young children to hold strong feelings inside. When they feel frustrated or angry, they often cry, scream, or stomp up and down. This is a temper tantrum. Temper tantrums are a normal part of your child's development. They usually begin around age 12 to 18 months, get worse between 2 and 3 years, then taper off after that, once children are able to use words to communicate their wants and needs. This publication was written by the American Academy of Pediatrics to help parents understand temper tantrums and how best to deal with them.

Why do children have temper tantrums?

Young children are busy learning about their world. They are eager to take control. However, learning to control temper can be one of the hardest lessons of all. A lot of things can frustrate a child and lead to temper tantrums. For example, your child may

- Not understand what you are saying or asking
- Be upset when others cannot understand her
- Not know how to tell you how she feels or what she needs
- Not know how to solve problems on her own
- Have an illness or other problem that keeps her from expressing how she feels
- Be hungry
- Be tired
- Be anxious or uncomfortable
- Be reacting to stress or changes at home
- Be jealous, want what other children have, or want the attention others receive
- Not be able to do as much as she thinks she can, like walking, running, climbing, drawing, or making toys work

How to help prevent temper tantrums

While you can't prevent all tantrums, the following tips may help avoid them:

- Encourage your child to use words to tell you how he is feeling. Try to suggest words he can use to describe his feelings.
- Set reasonable limits and don't expect your child to be perfect. Give simple reasons for the rules and don't change them.
- Keep to a daily routine as much as possible so your child knows what to expect.
- Avoid situations that frustrate your child, like playing with toys that are too advanced.
- Avoid long outings where your child has to sit still or cannot play. If you have to take a trip, bring along a favorite book or toy.
- Have healthy snacks ready for when your child gets hungry.
- Make sure your child is well rested.

- Be choosy about saying no. When you say no to everything, it can frustrate your child. Consider saying yes sometimes. Of course, if your child's safety is at stake, don't say yes just to avoid a tantrum. Praise your child when he does something good that otherwise might have led to frustration.
- Give choices. For example, make it clear that while he has to take a bath, he can make some choices on his own. Try saying, "It's time for your bath. Would you like to walk upstairs or have me carry you?" Be sure the choices you offer are also acceptable to you.
- Set a good example. Avoid arguing or yelling in front of your child.

How to handle tantrums

What you can do

- **Try to stay calm.** If you shout or get angry, it can make things worse. If you can't stay calm, leave the room. Wait a minute or two, or until her crying stops, before returning.
- **Distract your child.** Try a new game, book, or toy. Sometimes something as simple as changing locations can prevent a tantrum. For example, if you are indoors, try taking your child outside to distract her attention.
- **Give your child a time-out.** Take your child away from the problem and give her time alone to calm down. A good rule of thumb for a time-out is 1 minute of time-out for every year of your child's age. For example, a 4-year-old would get a 4-minute time-out. After the time-out is over, talk with your child and make sure she understands why she got a time-out and how to deal with it next time. Don't use time-out too much or it won't work.
- **Ignore minor displays of anger such as crying, screaming, or kicking.** Try touching or holding your child to calm her. Or try standing nearby without talking until she calms down. If your child is having a tantrum in a public place, take her home or to the car.

Breath-holding spells

Some children, when upset and crying very hard, "forget" to breathe, and hold their breath until they pass out. It is not done on purpose, but can possibly happen when a child is upset, like during a temper tantrum. While these episodes can be scary for parents, rest assured that they are usually harmless and your child will grow out of them. If you are concerned about your child's behavior, talk with your child's doctor.

- Some behaviors are *not* OK and should not be ignored, such as
 - Hitting or kicking people
 - Throwing things that might hurt someone or break something
 - Screaming or yelling for a long time

If these things happen, take your child away from the problem. Say firmly, "No hitting" or "No throwing" to make sure your child knows these behaviors are not OK.

What *not* to do

- **Never punish your child for temper tantrums.** She may start to keep her anger or frustration inside, which can be unhealthy. Keep in mind that as your child grows, she will learn to deal with her strong emotions.
- **Do not give in to your child just to stop a tantrum.** This teaches your child that temper tantrums get her what she wants. Also, don't feel guilty about saying no to your child. Set the rules and stick with them. When parents change the rules, it is harder for children to understand which rules are firm and which ones are not. Discuss with those who care for your child which rules are really needed and how to be firm about them.

Keeping your child safe

Many times you will have to tell your child no to protect her from harm or injury. For example, the kitchen and bathroom can be dangerous places for your child. She may not understand why you will not let her play there. This can cause a tantrum. However, it's more important to keep your child safe.

Childproof your home and make dangerous areas or objects off-limits. Keep an eye on your child at all times. Never leave her alone in a situation that could be hazardous. Take away dangerous objects and replace them with something safe. It is up to you to keep your child safe.

When temper tantrums are serious

Your child should have fewer temper tantrums by age 3½. Between tantrums, he should seem normal and healthy. If the outbursts are severe or happen too often, they may be an early sign of emotional problems. Talk with your child's doctor if your child seems to have difficulty expressing himself with words (compared with other children the same age), causes harm to himself or others, or holds his breath and faints, or if tantrums get worse after age 4. Your child's doctor will make sure there are no physical or emotional problems causing the tantrums. He or she can also give you advice to help you deal with these outbursts.

It is important to realize that temper tantrums are a normal part of growing up. While tantrums are not always easy to deal with, a loving and understanding approach will help you and your child get through them.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

From your doctor



What do I look for?

Look for these potentially poisonous items that need to be used and stored safely.

Kitchen

- medications
- drain cleaners
- furniture polish
- powdered & liquid detergents
- cleanser & scouring powder
- metal cleaners
- ammonia
- oven cleaner
- rust remover
- carpet & upholstery cleaners
- dishwasher detergents
- alcoholic beverages
- moldy or rotten food

Laundry

- bleach
- soaps & detergents
- disinfectant
- dyes
- spot removers

Family Room

- alcoholic beverages
- camera & watch batteries
- cigarettes
- lamp oil
- matches
- plants

Bathroom

- medications
- vitamins & iron pills
- mouthwash
- shampoo/hair products
- lotions & creams
- denture tablets
- nail polish & remover
- suntan products
- deodorant
- shaving cream & lotion
- antiseptics
- hair remover
- bath oil
- rubbing alcohol
- boric acid
- room deodorizer
- camphor-containing products
- tub & shower cleaners
- toilet bowl cleaners
- drain cleaners

Bedroom

- medications
- jewelry cleaner
- cosmetics
- perfume

Garage, Basement, Workshop

- lye
- kerosene
- lime
- bug killers
- gasoline
- lighter fluids
- turpentine
- paint remover & thinner
- weed killers
- fertilizers
- anti-freeze
- windshield washer fluid
- lamp oil
- car cleaners

Closets, Attic, & Storage Places

- rat & ant poisons
- moth balls

General

- flaking paint
- pet medications & products

Purse

- cigarettes
- medications

What else can I do to make my home safer from poison?

- ✓ Post the poison center phone number by your phone
- ✓ Use child-resistant containers
- ✓ Keep all products in their original containers
- ✓ Install and test carbon monoxide (CO) detectors/alarms

Expert Poison Information 24 hours a day, 365 days a year
1-800-222-1222

Acetaminophen (Tylenol, Store Brand) Dosing Information

****Give every 4-6 hours, as needed, no more than 5 times in 24 hours****

Weight of Child	Infant Drops Old Concentration 80mg/0.8ml	Infant Oral Suspension: New Concentration 160mg/5ml	Children's Elixir 160mg/5ml	Children's Tablets 80mg =1 tablet	Junior Strength 160 mg = 1 tablet
6-11 lbs (2.7-5 kg)	0.4 ml	1 ml	1 ml		
12-17 lbs (5.5-7.7 kg)	0.8 ml	2.5ml	2.5 ml	1 tablet	
18-23 lbs (8.2-10.5 kg)	1.2 ml	3.75ml	3.75 ml	1 ½ tablets	
24-35 lbs (10.9-15.9 kg)	1.6 ml (2 droppers)	5 ml	5 ml	2 tablets	
36-47 lbs (16.4-21.4 kg)	2.4 ml (2.5 droppers)		7.5 ml	3 tablets	
48-59 lbs (21.8-26.8 kg)			10 ml	4 tablets	2 tablets
60-71 lbs (27.3-32.3 kg)			12.5 ml	5 tablets	2 ½ tablets
72-95 lbs (32.7-43.2 kg)			15 ml	6 tablets	3 tablets

Ibuprofen (Motrin, Advil, Store Brand) Dosing Information

****Give every 8 hours, as needed, no more than 4 times in 24 hours****

****NOT ADVISED FOR PATIENTS UNDER 6 MONTHS OF AGE ****

Weight of Child	Infant Drops 50mg/1.25ml	Children's Elixir 100mg/5ml	Children's Tablets 50mg/1 tablet	Junior Strength 100mg/1 tablet
Under 11 lbs (5kg)	*NOT ADVISED			
12-17lbs (5.5-7.7kg)	1.25 ml	2.5 ml		
18-23lbs (8.2-10.5kg)	1.875 ml	3.75 ml	1 tablet	
24-35 lbs (10.9-15.9 kg)	2.5 ml	5 ml	2 tablets	
36-47 lbs (16.4-21.4 kg)	-	7.5 ml	3 tablets	
48-59 lbs (21.8-26.8 kg)	-	10 ml	4 tablets	2 tablets
60-71 lbs (27.3-32.3 kg)	-	12.5 ml	5 tablets	2 ½ tablets
72-95 lbs (32.7-43.2 kg)	-	15 ml	6 tablets	3 tablets

Diphenhydramine (Benadryl, Generic, Store Brand) Dosing Information

****Give every 6 hours as needed, no more than 4 times in 24 hours****

Weight of Child	Liquid 12.5mg/5ml	Chewable 12.5mg/tablet	Capsule 25mg/capsule
13.2-15.3 lbs	3 ml	-	-
15.4-17-5 lbs	3.5 ml	-	-
17.6-19 lbs	4 ml	-	-
20-24 lbs	3.75 ml	-	-
25-37 lbs	5 ml	1 tablet	-
38-49 lbs	7.5 ml	1 ½ tablets	-
50-99 lbs	10 ml	2 tablets	1 capsule
100+ lbs	-	4 tablets	2 capsules