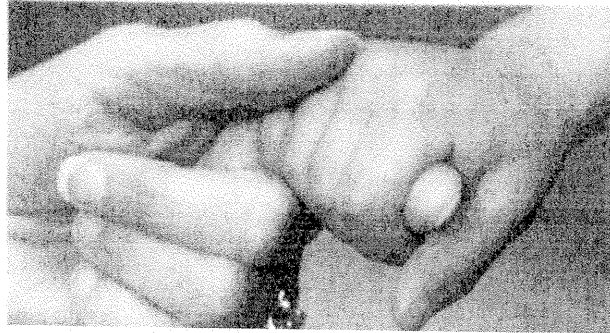


CELEBRATING 30 YEARS



M.D. PEDIATRIC CENTER

OMAR SAWLANI, M.D.
4400 W. 95th STREET
SUITE 104
OAK LAWN, IL 60453
708-425-2880

ANTICIPATORY
PARENTING
GUIDE

FOR AGE: 9 Months

M.D. PEDIATRIC CENTER OMAR SAWLANI, MD

SCHEDULED PREVENTATIVE CARE

AGE		SCREENING	IMMUNIZATIONS
0-2 Wks			Hep B
1 Mos.	Check-up	Edenburg	
2 Mos.	Check-up		DTaP; IPV; Rotarix Prennar; HIB/Hep B
4 Mos.	Check-up	Edenburg	DTaP; IPV; Rotarix Prennar; HIB/Hep B
6 Mos.	Check-up	ASQ	DTaP; Prennar; HIB/Hep B
9 Mos.	Check-up	Denver II; hemoglobin; Lead Screen; Sick Cell	
12 Mos.	Check-up	ASQ-SE; PPD	Varivax; Prennar: Hep A
15 Mos.	Check-up	Denver II	MMR
18 Mos.	Check-up	ASQ-SE	DTaP; IPV; Hib; HepA; Lead
24 Mos.	Check-up	ASQ-SE	
30 Mos.	Check-up	ELM	
3 Yrs.	Check-up	ASQ	
4 Yrs.	Check-up	Hearing; Vision	DTaP; IPV
5 Yrs.	Check-up	Hgb; UA; Vision	MMR ; Varivax
6-13 Yrs.	Annual Check-up (Around birthday)		
11 Yrs.	Check-up		Meningitis
14 Yrs.	Check-up		Td
15-18 Yrs.	Annual Check-up (Around birthday)		

Topics in this Guide:

- | | |
|--|---|
| <ul style="list-style-type: none"> -Anticipatory Guide -Passive Smoking -Night Awakening in Infants -What should I Keep in my medicine cabinet | <ul style="list-style-type: none"> - DTAP vaccine info - IPV vaccine info -HEP B vaccine info -HIB vaccine info |
|--|---|

MD PEDIATRIC CENTER
Omar Sawlani, MD
4400 West 95th Street, Suite 104
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ANTICIPATORY GUIDE - 9 MONTHS

INJURY PREVENTION

Increased mobility may lead to falling. Take precautions:

- Use gates at stairwells, install safety devices on windows and screens.
- Keep heavy and hot containers off of tables with tablecloths. Never leave hot objects near the edge of tables.
- Keep sharp objects and other hazardous items such as coins, glass objects, beads, pins, art objects, and medicines in a secure place.
- Prevent the child from playing with an electrical sockets (place socket covers in outlets).
- Do not give your baby foods such as peanuts, hot-dogs with skin on them, popcorn, frozen peas, corn, beans, raw carrot sticks, celery sticks, pieces of raw apple, grapes or raisins that may be easily aspirated.
- Do not store toxic substances in empty soda bottles, glasses, or jars. Call Poison Control or your doctor if you think your child has swallowed any substances.
- Upgrade to a new (toddler) car seat when your child weighs 20 pounds.
- Never leave your baby alone in a bath or around containers of water such as buckets, wading pools, sinks or open toilets.
- Use safety latches on drawers and cupboards that contain objects that might be dangerous to your child.

INFANT DEVELOPMENT

Play social games such as peek-a-boo, to develop interaction and imitation. Encourage exploration by your child. Autonomy is an important achievement at this age. Your baby's emerging independent behavior is a part of normal development, not an opposition to you.

DISCIPLINE

Teaching your child not to do something that he very much wants to do is a major first step toward self control. The better your child learns this lesson, the less you'll have to intervene in years to come. Your baby's memory is still short, and you can shift his focus with minimal resistance. See the attached sheet on Discipline Basics.

NUTRITION

Use table foods while the child is sitting at the table with the family. Nursing or bottle feedings may be reduced to 4 times a day. Give toast or teething biscuits for self feeding. Encourage drinking from a cup. Use a trainer cup. Fill the cup with water and offer it at just one meal a day. Show your child how to maneuver it to their mouth and tip

it so that your child can drink. Don't be dismayed if your child uses the cup as a plaything for a week or two. Be patient, when your child is able to get most of the liquid down and not dribble down their chin, then fill the cup with juice or milk. Drinking from a cup will improve your baby's hand to mouth coordination, and will begin to prepare the baby for the weaning process. See the attached sheet on Normal Weaning. Be aware of how little and how whimsically the child may eat toward the end of the first year.

SLEEP

Follow a regular bedtime routine. Anticipate that your child may experience night awakenings. These occur because your child needs to be reassured that you are still there when he wakes up. He must also learn to put himself back to sleep, and you must teach him. Don't do anything to reward him for calling you in the middle of the night. Go to his side and make sure he is all right, and tell him you'll be nearby if he needs you. But don't turn on the light, rock him, or walk him. Make sure your child is not sick. See attached sheet on Night Awakening.

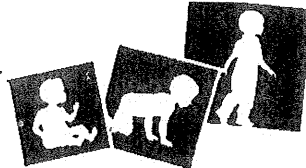
SEPARATION ANXIETY

Anxiety around strangers is usually one of the first emotional milestones your baby will reach. This is due to the child's cognitive growth in object performance. Separation anxiety peaks between 10 to 18 months and fades during the last half of the second year. Try to downplay your leaving as much as possible. Here are some suggestions:

1. Your child is more susceptible to separation anxiety when his is tired, hungry or sick. If you are going out, schedule your departure after he has napped or eaten.
2. Don't make a fuss over your leaving. Have the person staying with your child create a distraction (a new toy, a bath, etc.). Say goodbye quickly.
3. Tears will subside within minutes after your departure.
4. Help your child to learn to cope with separation through short practice sessions at home. When your child crawls to another room, don't follow right away; wait for one or two minutes. If you must leave the room, tell your child where you are going and that you will return. If your child fusses call to him., let him know you are there.
5. If you take your child to daycare or a baby-sitter, don't drop him off and leave. Spend a few extra minutes playing. When leaving, reassure him you'll be back later.

SHOES

They are needed only to protect the feet from sharp objects or the cold. Look for a shoe that is flexible, inexpensive, long enough to prevent the toes from being pinched, and wide enough so that the forefoot is not crowded. The sole of the shoe should be non-skid material. The upper part should be soft and porous.



HEALTHY STEPS

WHY ARE GOOD-BYES SO HARD? Separations in the Toddler Years

Toddlers can have a hard time separating from parents and parents can have just as much separation anxiety! Parents and toddlers who are very connected may have a hard time letting go. For toddlers, being apart from their "secure base" can be very scary, and they can actively protest. Parents can have an especially hard time leaving when their child is so upset. And if parents feel guilty about leaving or are anxious about child care arrangements, good-byes can be even harder!

Tips for a "Good" Good-bye

Prepare Your Child. Let your child know that today is a child care day or that you will be leaving. Let your child know when you will be back in a way that your toddler understands. ("I'll be home to kiss you goodnight." "I'll be home after you watch Sesame Street".)

Be OK About Leaving. If you are upset about saying good bye, you may communicate that to your child without meaning to. Don't ignore your child's distress, but be upbeat and reassuring.

Establish a Ritual for Leaving. A story, a hug for every hour apart, your toddler gets to open and close the door - choose a routine that is comforting and gives your child some control.

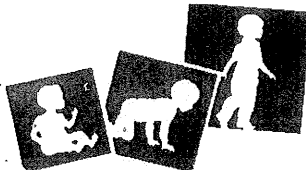
Use a Comforting Object. Have your toddler's favorite stuffed animal, a picture of you, or a blanket available for your toddler.

Leave. After your good-bye ritual, don't prolong the discomfort by lingering. Say your good-byes, and then really leave.

For More Information:

Shimm, P. and Ballen, K. (1995) Parenting Your Toddler: The Expert's Guide to The Toddler Years. Addison-Wesley: Reading, MA.

Lieberman, A. (1993) The Emotional Life of The Toddler. Macmillan: NY



HEALTHY STEPS

BLANKIES, LOVEYS AND THUMBS TRANSITIONAL OBJECTS AND TODDLERS

Blankies, loveys, thumbs, and other "comfort objects" are very common during the toddler years. Experts and parents believe that toddlers use these comfort objects (also called transitional objects) to have some control over their ever changing worlds, and to comfort them in the face of all this new growth and independence. Comfort objects can be used as "substitute caregivers" when toddlers and caregivers are separated or temporarily unavailable (such as during the night). Toddlers may not be able to get to their caregivers, but they can be in control of getting to their "lovey".

The relationships between toddlers and their comfort objects are more like relationships between two people than between child and object. All of these reasons are why your toddler may howl in protest when her blankie is out of sight! This is perfectly normal behavior. It is very important for parents to support this "relationship" between toddlers and comfort objects. It can help the toddler through some very stressful and challenging times.

Somewhere between the ages of two to five, your child will probably give up the comfort object. But don't be surprised if your child turns to it again in times of stress, then gives it up again. If you are concerned about your child's use of a comfort object or have any questions, please ask your Healthy Steps Team for help.

What to Do When a Comfort Object is Lost (adapted from Amy Engeler, Parents Magazine)

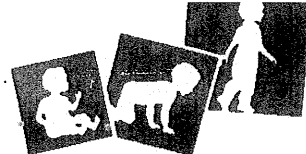
Acknowledge the Loss. Tell your child that you understand how hard it is to lose something you care about so much. Be reassuring, don't panic. If you're upset, your child may get more upset.

Follow Your Child's Lead. Don't offer to replace the object right away. See if your child forms an attachment to a new comfort object on her own. Let her pick out her own replacement if she asks for one.

Help Your Child Attach to The New Comfort Object. Talk about what is the same about the new object and the old. Help your child see how the new object can comfort.

Do You Want To Limit Your Child's Use of A Comfort Object?

Offer lots of nurturing, affectionate support to your child, especially during times of change and stress. Keep your toddler busy with fun things to do so that she can't hold onto her "lovey" all the time. You can try to set limits on its use, ("Let's leave blankie in the crib while we go shopping, so your hands can play") but try not to be upset if your toddler doesn't want to comply.



HEALTHY STEPS

"I CAN DO IT!" Promoting Toddlers' Self Esteem

Children Learn What They Live - Dorothy Law Nolte

*If a child lives with criticism, she learns to condemn.
If a child lives with hostility, she learns to fight.
If a child lives with ridicule, she learns to be shy.
If a child lives with shame, she learns to feel guilty.
If a child lives with tolerance, she learns to be patient.
If a child lives with encouragement, she learns confidence.
If a child lives with praise, she learns to appreciate.
If a child lives with fairness, she learns justice.
If a child lives with security, she learns to have faith.
If a child lives with approval, she learns to like himself.
If a child lives with acceptance and friendship, she learns to find love in the world.*

Studies show that children who have positive self esteem grow up to be more competent, secure adults who are better able to have rewarding relationships with others. Self esteem must be nurtured in children. Toddlers need special attention to develop positive self worth. Toddlers want to be independent but at the same time need a secure base of care from parents. If they have security and love, toddlers can grow confident and strong. This period of holding on and letting go is a critical time when children form impressions about themselves and their abilities to function successfully in their ever expanding worlds. How can you support your toddler's positive self esteem?

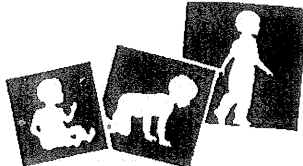
Offer Unconditional Love. Let your toddler know through word and gesture that she is loved no matter what. When you disapprove of your toddler's behavior, let her know that it is the behavior you don't like, not him.

Develop Your Own Self Esteem. Parents who report positive self esteem tend to have children with positive self esteem.

Give Your Toddler Some Independence and Control. Let your child learn new things and participate in the world around her. Let your toddler make her own age appropriate choices. You can keep your toddler safe while allowing her to spread her wings.

Avoid Shaming Words. Criticizing, blaming and ridiculing children is damaging to self esteem. Choose your words carefully and remember their power. You can disapprove of a behavior, but let your child know that you approve of him.

Don't Compare Your Child With Others. Toddlers develop at their own pace. Your toddler needs to know that she is doing just fine.



HEALTHY STEPS

IT'S CHILD'S PLAY Play is Important for Learning

When toddlers play, they learn about their world and their place in it. Through exploration, manipulation, problem solving, imitation and practice, toddlers develop and grow their minds and bodies. And play is the tool they use!

When Toddlers Play, They Can:

Develop Healthy Self Esteem. When toddlers play, they discover how much they can do and feel proud of their abilities.

Learn Social Skills. Toddlers learn that there are rules about behaving in the world when they interact and play with others.

Experience Mastery and Control. Toddlers need to feel some control and sense of competence in their ever changing world. Play gives them the opportunities to practice skills and be in charge.

Develop Small and Large Motor Abilities. Play gives toddlers a chance to jump, run, throw balls, dance, wiggle and tumble. What a great way to develop their bodies!

Enhance Language Development. Play is a fun way to learn and practice language. Rhymes, finger plays, make believe and stories all provide language experiences not found in every day life.

Explore Emotions and Feelings. Toddlers experience and act out emotions with their whole bodies. They may not be able to talk about feelings, but they can play out what they feel and begin to make some sense of things.

Expand Their Imagination and Creativity. Play is the magic wand that opens endless worlds to toddlers. Imagination and creativity can be nurtured through play.

And Don't Forget , Play is Fun!!

For More Information:

Eisenberg, A., Murkoff, H. and Hathaway, S. (1996) What to Expect: The Toddler Years. Workman Publishing:NY.
Segal, M., and Adcock, D. (1985) Your Child at Play: One to Two Years. Newmarket Press: NY



HEALTHY STEPS

HELP! MY TODDLER IS WAKING DURING THE NIGHT!

It is very common for toddlers to wake at night, even if they have slept through the night as babies. Toddlers are going through a rapid period of growth and development. These changes can disrupt behavior and sleep. Toddlers can also have nightmares or night terrors that upset them and wake them up. Your Healthy Steps Team has more information about nightmares and night terrors. Read on for more general tips to help your child.

Begin The Night With A Bedtime Routine. Experts and parents agree that children who begin the night by falling asleep on their own (after a comforting bedtime routine) are more able to get themselves back to sleep during the night.

Keep Your Toddler Comfortable. Start the night with a clean, dry diaper. Maintain a comfortable room temperature. Keep the crib/bed cozy.

Use a Comfort Object. A blankie, a stuffed animal or a pacifier can help your child feel safe to fall asleep, fall back to sleep or to stay asleep.

Use a Favorite Musical Tape or Story on Tape. Many children love the comfort of familiar words or music. Some tape players have a continuous play feature, so the tape can play all night!

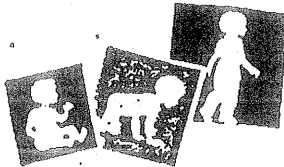
Learn What Your Child's Noises Mean. If you hear your toddler wake at night, don't run right into her room. Listen to her noises for a few moments, she may not be awake or may be comforting herself to go back to sleep.

If You Need To Go To Your Child, Offer Some Quiet, Short Comfort. Try just some soothing words or gentle pats on your child's back first. Comfort your child, but do the minimum to help. Let your toddler learn to get herself back to sleep. You might not need to pick her up or rock her.

Comfort Your Child, Then Leave. Feeding your child or bringing your child into your bed may begin habits that are hard to break. Comfort your child, then leave. If he continues to fuss, give him a few minutes to calm himself, then go in and comfort again. You may have to repeat this a few times before your child learns.

Be Patient. Things may get worse before they get better because your child may test you to see what will happen.

Ask for Help. If you are really struggling with your toddler's night waking or you're concerned that something may be wrong and affecting your child's sleep, ask your Healthy Steps Team for help.



HEALTHY STEPS

Good Nights Solutions for Bedtime Battles

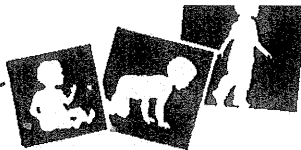
As toddlers grow more active and independent, bedtime may become a challenge. Toddlers' sleep patterns often change and suddenly they try new strategies to avoid bedtime! Establishing a consistent routine and expectations for bedtime is a must for parents at this most challenging time.

- Develop a bedtime routine that you can stick with every night. A story, quiet music, familiar songs, or other quiet activities often help calm and soothe toddlers.
- Prepare your child for the transition to bed. Let your toddler know a few minutes before that bedtime is coming. This gives your child time to finish playing and get used to the idea of bedtime.
- Let your toddler slip into sleep slowly. Use soothing music, a bath, cuddles, or a story in your bedtime routine to help your child relax and fall asleep slowly.
- Let your child cuddle. A comforting object like a stuffed animal or a blanket can help with sleep.
- Use a night-light for comfort. Darkness can be scary for toddlers.
- Try not to use the bedroom as punishment. Toddlers may begin to think their room is a bad place if they are sent there for time-out.
- Make sure daytime naps aren't interfering with nighttime sleep.
- Decide on a plan of action. If your toddler's cries and protests are becoming a problem, talk to your toddler's Healthy Steps Team or child care provider about a plan to help your child go to bed. Parents and caregivers need to agree to the plan and use the same strategies. Give the plan a chance to work and remember that things may get worse before they get better.

For more information:

What to Expect the Toddler Years by Ariane Eisenberg, Heidi E. Murkoff, and Sandee Eisenberg Hathaway, 1996

Parenting Your Toddler: The Expert's Guide to the Tough and Tender Years by Patricia Henderson Shimm and Kate Ballen, 1995



HEALTHY STEPS

"Me Afraid!" Fear of Strangers in Toddlerhood

Fear of strangers or "stranger suspicion" is very common during the toddler years. Toddlers are attached to familiar caregivers in their lives and feel safest with them. Toddlers are now capable of more complex thoughts and fears which can be demonstrated by their withdrawal from adults. Toddlers can also be scared of adults because they can be very annoying! Adults can invade a toddler's personal space with pinches to cheeks, kisses and tickles. So, although your child's fear of strangers can be upsetting, it's a normal and understandable response. Most often, children "grow out" of this phase.

Don't Push. Respect your toddler's fears and don't force your toddler to interact with adults, especially with hugs and kisses.

Comfort Your Toddler. Hold hands, hug and be reassuring. Help your child feel safe.

Don't Tease. Making fun of your toddler because she is afraid will make her feel ashamed. Remember, toddler fears are normal, she is not being "a baby".

Give Your Toddler Experiences Out In The World. Seeing people while in your company may help your toddler get used to being around a variety of people.

Introduce a New Person Gradually. If you have a new person spending time with your child, let your toddler visit with that person a few times with you there for comfort.

Explain Your Toddlers Fears to Grandparents. Visiting family naturally want to kiss and hug their grandchild whom they may not have seen for a while. Reassure them that if they "take it slow" and don't push themselves on the child, then their grandchild will have the time to get reacquainted with them.

Trust Your Toddler. If your toddler really protests or becomes unusually upset when in the company of a specific adult, she may really feel threatened and unsafe. Is this a person that should have contact with your child?

For More Information:

Shimm, P. and Ballen, K. (1995) Parenting Your Toddler: The Expert's Guide to The Toddler Years. Addison-Wesley: Reading, MA.

Lieberman, A. (1993) The Emotional Life of The Toddler. Macmillan: NY

HOW SHOULD I FEED MY CHILD?

TIME	4-5 mos.	5-6 mos.	6-7 mos.	8-9 mos.	10-12 mos.
Early Morning (waking)	<ul style="list-style-type: none"> • 4 oz. Formula* 	<ul style="list-style-type: none"> • 4 oz. Formula* 	<ul style="list-style-type: none"> • 4 oz. Formula* 	<ul style="list-style-type: none"> • 4 oz. Formula* or juice 	<ul style="list-style-type: none"> • 4 oz. Formula* or juice
8 - 9 am	<ul style="list-style-type: none"> • 1-2 T dry cereal mixed with formula* -wk 1 - rice -wk 2 - oatmeal -wk 3 - mixed -wk 4 - rice • 2-3 oz. Formula* 	<ul style="list-style-type: none"> • 1-2 T dry cereal** • 2-3 oz. Formula* 	<ul style="list-style-type: none"> • 3-4 T dry cereal** wk 1 - (1-2T) applesauce wk2 - peaches wk 3 - pears wk 4 - bananas • 2-3 oz formula* 	<ul style="list-style-type: none"> • 3-4 T dry cereal** • 2-3 T fruit • 2-3 oz formula* 	<ul style="list-style-type: none"> • 4-5 T dry cereal** • 1 jar fruit • 1-2 T egg yolk • 2-3 oz formula*
Mid-Day	<ul style="list-style-type: none"> • 1-2 T cereal mixed w/formula* wk 1 - rice wk 2 - oatmeal wk 3 - mixed wk 4 - rice • 2-3 oz formula* 	<ul style="list-style-type: none"> • 1-2 T vegetables wk 1 - carrots wk 2 - green beans wk 3 - peas wk 4 - squash • 3-4 oz formula** (from cup or glass) 	<ul style="list-style-type: none"> • 2-3 T vegetables • 1-2 T fruit wk 1 - applesauce wk 2 - peaches wk 3 - pears wk 4 - bananas • 3-4 oz formula* (from cup or glass) 	<ul style="list-style-type: none"> • ½ - 1 jar vegetables • ½ - 1 jar fruit • 1-2 T meat wk 1 - chicken wk 2 - turkey wk 3 - beef wk 4 - liver • 3-4 oz formula* (from cup or glass) 	<ul style="list-style-type: none"> • ½ - 1 jar vegetables • ½ - 1 jar fruit • ½ jar meat • 4-6 oz formula* (from cup or glass)
Mid-Afternoon	<ul style="list-style-type: none"> • 6 oz. Formula* 	<ul style="list-style-type: none"> • 2-4 oz formula or veg. Juice wk 1 - carrot juice wk 2 - mixed veg. Juice 	<ul style="list-style-type: none"> • 2-4 oz formula* or fruit juice wk 1 - apple juice wk 2 - orange juice wk 3 - pear juice wk 4 - mixed fruit juice 	<ul style="list-style-type: none"> • 2-4 oz juice • 4-6 oz formula* 	<ul style="list-style-type: none"> • 2-4 oz juice • 4-6 oz. Formula*
Dinner	<ul style="list-style-type: none"> • 1-2 T cereal mixed with formula wk 1 - rice wk 2 - oatmeal wk 3 - mixed wk 4 - rice • 2-3 oz formula* 	<ul style="list-style-type: none"> • 1-2 T cereal** • 1-2 T vegetables wk 1 - carrots wk 2 - green beans wk 3 - peas wk 4 - squash • 3-4 oz formula* 	<ul style="list-style-type: none"> • 1-2 T dry cereal** • 2-3 T vegetables • 1-2 T fruit wk 1 - applesauce wk 2 - peaches wk 3 - pears wk 4 - bananas • 3-4 oz formula* 	<ul style="list-style-type: none"> • ½ - 1 jar vegetables • ½ - 1 jar fruit • 1-2 T meat wk 1 - chicken wk 2 - turkey wk 3 - beef wk 4 - liver • 3-4 oz. Formula* 	<ul style="list-style-type: none"> • ½ - 1 jar vegetables • ½ - 1 jar fruit • ½ - 1 jar meat or egg yolks • 3-4 oz formula*
Bedtime	<ul style="list-style-type: none"> • 6 oz. Formula* 	<ul style="list-style-type: none"> • 6 oz. Formula* 	<ul style="list-style-type: none"> • 6 oz. Formula* 	<ul style="list-style-type: none"> • 6 oz formula* 	<ul style="list-style-type: none"> • 6 oz formula*

*Breast milk can be substituted for formula

**Mixed with formula or breast milk

Dosage for Fever Reducers

Dosage for Fever Reducers				
Weight		Ibuprofen/Motrin/Advil		
Kilograms	Pounds		Children's Syrup 100 mg/5 mL	Tylenol Children's Syrup 160 mg/5 mL
4.5	10		NOT FOR < 6MOS AGE	2ml
5.5	12		NOT FOR < 6MOS AGE	2.5ml
6.4	14		NOT FOR < 6MOS AGE	3.0ml
7.3	16		NOT FOR < 6MOS AGE	3.5ml
8.2	18		3.5 ml	4.0 ml
9.1	20		4.0 ml	4.5ml
10.0	22		4.5ml	5 mL
10.9	24		5.0ml	5 mL
11.8	26		5.5 mL	5.5 mL
12.7	28		6 mL	6 mL
13.6	30		6.5 mL	6.5 mL
14.5	32		7 mL	7 mL
15.5	34		7.5 mL	7.5 mL
16.4	36		8 mL	7.5 mL
17.3	38		8.5 mL	8 mL
18.2	40		9 mL	8.5 mL
19.1	42		9 mL	9 mL
20.0	44		9.5 mL	9.5 mL
20.9	46		10 mL	10 mL
21.8	48		10.5 mL	10 mL
22.7	50		11 mL	10.5 mL
23.6	52		11.5 mL	11 mL
24.5	54		12 mL	11.5 mL
25.5	56		12.5 mL	12 mL
26.4	58		12.5 mL	12.5 mL
27.3	60		13 mL	13 mL
28.2	62		13.5 mL	13 mL
29.1	64		14 mL	13.5 mL
30.0	66		14.5 mL	14 mL
30.9	68		15 mL	14.5 mL
31.8	70		15.5 mL	15 mL
32.7	72		16 mL	15.5 mL
33.6	74		16.5 mL	16 mL
34.5	76		17 mL	16 mL
35.5	78		17.5 mL	16.5 mL
36.4	80		18 mL	17 mL
37.3	82		18.5 mL	17.5 mL
38.2	84		19 mL	18 mL
39.1	86		19.5 mL	18.5 mL
40.0	88		20 mL	19 mL