

12 MONTH WELL CHILD VISIT Date: _____

WT: _____, _____% HT: _____, _____% HC: _____, _____% Fluoride: yes no

DIET

- If you are breast-feeding your baby, the American Academy of Pediatrics recommends doing so until 15-18 months of age. If you are formula feeding your baby, you may now introduce cow's milk. Give 16-24 oz. of whole milk each day. Encourage your baby to drink from a cup instead of a bottle. **Avoid fruit juices**; juice promotes cavities and childhood obesity. Give water instead!
- **Table foods** must be cut into pieces no larger than the tip of your baby's pinky fingernail. Avoid raw carrots, hot dogs, and pretzel nuggets. Avoid nuts, including peanut butter.
- By 12 months your baby should be off all pureed foods and be eating only table foods.
- You may notice that your baby is eating less at this age. After 12 months of age, babies grow at a slower rate than they did in the first year. Do not over emphasize eating and do not permit your child to eat a little bit all through the day. Rather, have your child eat regular meals at the table, with a single small healthy snack between meals. A rule of thumb to follow when feeding toddlers is **1 tablespoon of each food group per year of age per meal**. Limit sweets, encouraging whole grains, fruits, and vegetables.

GENERAL MEDICAL CARE

- **Today we checked your baby's blood for anemia, lead and performed a TB screening test.**
- **Schedule an appointment for 48 to 72 hours with MD to have TB screen checked on:** _____
- Pacifiers: remove them at this time. Brush your child's teeth twice a day using baby toothpaste.
- Protect your baby from the sun-use **sun block** and protective clothing while outside.

VACCINES GIVEN: MMR VARICELLA HEPATITIS A OTHER: _____

- Vaccine Information Sheets (VIS) is available for review on our web site pcpmds.com under "forms and handouts". There is one VIS statement for each vaccine given and some are available in both Spanish and Creole. They have also been sent to your own personal portal account. Laminated copies are available for your review in the office.
- Note: All vaccines may cause tenderness and irritation at the injection site that should last no more than 48 hours. A lump may form at the injection site that may last for a few months. Acetaminophen and ibuprofen may be used if absolutely needed, since their use may decrease the effectiveness of the vaccine. Please call us for fever or tenderness lasting more than 48 hours or for a fever greater than 102.5 degrees. MMR may give a rash and fever 7-10 days after immunization in 15% of patients.
- These mild reactions may be treated with either:
- **acetaminophen** 160/5ml () ml every 4 hours as needed or **ibuprofen** 100mg/5ml () ml every 6 hours for fever > 101

SAFETY

- **Car seat:** Your baby must be in a car seat, properly installed, facing rearward until 2 years of age. Your child should always be in the rear seat of the car.
- **Falls:** Your baby is becoming more mobile. Use gates and remove or cover sharp edges on furniture. **NEVER** leave your baby unattended on a sofa, bed, changing table, or other high place. Use a safety harness in high chairs, strollers, and swings.
- **Burns:** Never carry your baby and hot foods at the same time. Also, keep all hot items away from your growing babies grasp. Make sure smoke detectors are installed in your home and check the batteries to make sure they are working properly.
- **Poisoning:** Lock up/remove all materials in your home with any caution, warning or poison labels. In case of questionable ingestion, call the Poison Control @ 800-222-1222. Keep all purses out of reach.
- **Choking:** Remove all small objects from your baby's environment. Learn CPR.
- **Drowning:** Never leave your baby without an adult's hand physically on him or her around any water.

SOCIAL/DEVELOPMENT

- **Read, Sing, and Talk** to your baby daily. This will help with his or her language and mathematical development.
- Babies do not need to watch **TV OR PLAY VIDEO GAMES**. Your child's habits are forming already!! TV and video games may actually decrease your child's intelligence.

FOLLOW-UP

Your baby's next well child visit is at 15 months of age. Make your appointment today!!