

12 MONTH WELL CHILD VISIT Name: _____ Date: _____

WT: _____, _____% HT: _____, _____% HC: _____, _____%

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, 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.**
- 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 (Please refer to the attached handouts for complete details)

- MMR: VARICELLA: HEPATITIS A
- **NOTE:** Any vaccine may cause redness, tenderness, and inflammation at the injection site. This should last no more than 48 hours and can be treated by applying a cold compress to the area.
- Acetaminophen syrup 160mg/5ml Dose: _____ml. every 4 hours ibuprofen syrup 100mg/5ml dose: _____ml. every 6 hours. Use only if needed since fever reducing medications may decrease vaccine effectiveness.

SAFETY

- **Car seat:** your baby must be in a car seat, properly installed, facing forward every time he or she is in the car. Your child should always be in the rear seat of the car.
- **Falls:** your baby is becoming more mobile-use gates and removes 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**. Your child's habits are forming already!! TV and video games may actually decrease your child's intelligence.

FOLLOW-UP

YOU MUST RETURN TO THE OFFICE IN 48-72 HOURS TO CHECK THE TB TEST. THIS IS VERY IMPORTANT SINCE THIS TEST IS DONE EVERY FEW YEARS.

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

PLEASE DO BF 15 MONTH SURVEY ON OUR WEB SITE BEFORE YOUR NEXT VISIT

DATE _____ TIME _____ MD _____ REASON _____

