

TODAYS'S VISIT: 12 MONTH WELL CHILD / TB CHECK: _____ NEXT VISIT: _____

Please familiarize yourself with our website www.pcpmds.com. On the site you will find all surveys that must be completed BEFORE each scheduled visit, as well as a variety of information on nutrition, psychosocial issues, and common diseases and treatments. In addition, you will be able to access the complete medical record, including vaccines, office visits, medications and growth charts. You may even request referrals, medication refills and future non-urgent appointments. Vaccine information statements are available on our web site under patient forms, as well as in the office. Prior to your next appointment, you will receive a text message to confirm your appointment. You will also receive an email to register yourself to the patient portal if not already registered. A follow-up email will be sent to the email on file to complete all survey (s) that pertains to your upcoming appointment. Please complete the survey(s), so that your provider can review them prior to your appointment. For assistance please call the office prior to your appointment.

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**. Your child needs **16 oz of whole fat cow's milk daily** get the necessary calcium (700mg) and vitamin D (400IU). Plant-based milks generally are not recommended for children <5 years of age unless they have cow milk allergy or intolerance. See our web site for more details
- Encourage your baby to drink from a **cup** instead of a bottle. **NO JUICE EVER!** 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. 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.

VACCINES GIVEN:

- **MMR VARICELLA HEPATITIS A OTHER:** _____
- 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. MMR may give a rash and fever 7-10 days after immunization in 15% of patients. 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.

GENERAL MEDICAL CARE

Today we checked your baby's blood hemoglobin _____, lead _____ and performed a TB screening test.

- **Medications:** acetaminophen 160/5ml () ml every 4 hours as needed
OR ibuprofen 100mg/5ml () ml every 6 hours for fever > 101
- **Pacifiers:** remove them currently. 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.

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.
- **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 frequently.
- **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 @ **1-800-222-1222**. 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 and Sing** to your baby daily. This will help with his or her language and mathematical development. Babies should never be watching T.V. or any other digital media at any time - this includes educational programs!