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## Well Child Care, Twelve Months

Name: \_\_\_\_\_ Doctor: \_\_\_\_\_ Date: \_\_\_\_\_

WT: \_\_\_\_\_ HT: \_\_\_\_\_ HC: \_\_\_\_\_ Age: \_\_\_\_\_

### Recommended Well Child Visits

1wk 1m 2m 4m 6m 9m 12m 15m 18m

Immunizations are given as follows:

- Hepatitis B:** Three vaccinations in the first year.
- Diphtheria, tetanus, pertussis (DTaP):** given at 2, 4, 6, 15-18 months, and upon school entry.
- Polio:** given at 2, 4, 12-18 months, and upon school entry.
- Haemophilus influenza type B (Hib):** given at 2, 4, 6, 15-18 months.
- Pneumococcal:** given at 2, 4, 6, 15-18 months.
- Measles, mumps, rubella (MMR):** given at 12-15 months and at school entry.
- Varicella (Chicken Pox):** given after 12 months.
- Hepatitis A:** Two vaccinations after 12 months.
- Tuberculosis skin test (PPD):** given with entry into daycare, preschool, and/or kindergarten.

These are guidelines only. Changes may be made to meet the needs of your child

### NUTRITION

- Gradually increase the variety and amount of table foods
- Three meals and two to three snacks per day are appropriate
- Start regular whole milk, expect to give approximately 12 to 24 ounces per day
- Low fat milks are not recommended unless approved by your MD or PNP
- Encourage your baby to feed himself as much as possible, let your baby decide how much to eat
- Supervise your baby carefully while he is eating
- Avoid giving foods that could be inhaled or cause choking, such as nuts, popcorn, raisins, or hard candies
- The maximum amount of juice each day is two ounces diluted with two ounces of water from age nine months to two years. Use a cup, not a bottle.

### INFANT CARE

- Clean your baby's gums and teeth daily: Use a clean, moist wash-cloth to wipe the gums, a soft toothbrush to clean the teeth, and do not use toothpaste yet
- Do not put your baby to bed with a bottle
- Avoid middle of the night feeding or consoling, rather allow your baby to console himself back to sleep
- Read to your baby to encourage language development
- Use discipline as a means of teaching and protecting, not punishing

### DEVELOPMENTAL MILESTONES

- Pulls to stand, cruises, and may take a few steps alone
- Can grasp tiny objects between the index finger and thumb
- Points with index finger
- Has vocabulary of one to three words in addition to mama and dada
- Waves bye-bye

### **INJURY & ILLNESS PREVENTION**

- Use forward-facing safety seat if your child weighs at least 20 pounds AND is one year old
- Never place your child's safety seat in the front seat of a vehicle
- The back seat is the safest place for children
- Learn emergency procedure for choking and learn CPR
- Do not leave your baby alone in a tub of water or on high places such as changing tables. Beds or chairs
- Set the hot water heater thermostat below 120°F
- Empty buckets, tubs, or small pools immediately after use
- Do not give your baby plastic bags or latex balloons to play with
- Do not put your baby in an infant walker at any age
- Install safety devices on drawers and cabinets
- Remove dangling telephone, electrical, blind, or drapery cords near your baby's crib or play areas
- Place plastic plugs in electrical sockets
- Second-hand smoke exposure is linked to a higher incidence of ear infections, respiratory illnesses, and asthma. For information on smoking cessations go to [www.lungusa.org](http://www.lungusa.org) (the American Lung Association Website) and click on "Quit Smoking" tab on the top menu.

### **Lead exposure screening**

Lead is a neurotoxic heavy metal. Exposure to lead at an early age is known to effect neurobehavioral development (lower IQ and poor school performance). It is recommended to have blood lead screening performed if your child:

- Lives in or regularly visits a house or child-care facility that was built before 1950
- Lives in or regularly visits a house or child-care facility built before 1978 that is being or has recently been renovated or remodeled (within the last 6 months)
- Has siblings or playmate who has or did have lead poisoning
- Lives with an adult whose job or hobby involves exposure to lead
- Lives near an active lead smelter, battery recycling plant, or other industry likely to release lead.

If you feel your child needs to be tested for lead exposure, please let us know.

**This and other information is on our Website at [www.fresnochildrens.com](http://www.fresnochildrens.com). If you do not have access to the internet, please call our office to have them mailed to your home.**