



MEDICAL GROUP
www.fresnochildrens.com

Well Child Care, Twelve Months

Name: _____ Doctor: _____ Date: _____
 WT: _____ HT: _____ HC: _____ Age: _____

Recommended Well Child Visits and Immunizations:

	12 M	15 M	18 M	2 Y
Well Visits	X	X	X	X
**Pentacel: Diphtheria, Tetanus, Pertussis, Polio, H. Influenzae B		X		
Pneumococcal	X			
**MMR: Measles, Mumps, Rubella		X		
Varicella (Chicken Pox)			X	
Hepatitis A	X		X	

** combination vaccine

These are guidelines only. Changes may be made to meet the needs of your child. Vaccine Information Sheets are available on our website www.fresnochildrens.com in the Health Information tab.

NUTRITION

- Gradually increase the variety and amount of table foods. Three meals and two to three snacks per day are appropriate.
- **Iron is important.** Food high in iron include enriched breads, cereals, and whole grains, leafy green vegetables, peas, beans, and meat.
- Start regular whole milk and expect to give approximately 12 to 16 ounces of milk products per day.
- Low fat milks are not recommended until age 2, unless approved by your health care provider.
- 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.
- The bacteria that cause tooth decay can spread from mouth to mouth. Do not pass food or spoons from your mouth to your baby's.
- To prevent "baby-bottle tooth decay", do not put your baby to bed with a bottle of milk or juice.
- Avoid middle of the night feeding or consoling, rather allow your baby to console himself back to sleep.
- Use discipline as a means of teaching and protecting, not punishing.

DEVELOPMENTAL MILESTONES

- Most can say one or two words in addition to mama or dada. Read books to your baby daily to encourage language development.
- Most can pull to stand, cruise, and may take a few steps alone.
- Most can grasp tiny objects with pincer grasp and points with index finger.

- Most will wave bye-bye.
- Most will develop separation anxiety, but generally protest is brief.
- Expect temper tantrums to develop. A tantrum is your child's way of asking for help. He is upset and he does not know how to help himself. He needs you to help him learn self-control and find ways to solve problems.

SETTING LIMITS

- Be patient. It takes toddlers a long time to learn.
- Be consistent. For example, always hold your child's hand when you cross the street.
- Make sure that what you expect fits your child's age.
- Be specific. "Draw on the paper, not on the wall" is better than "Stop that."
- Criticize the behavior, not the child. "Do not run into the street. You could get hurt!" is better than "You are a bad boy!"
- Praise and hug your child for good behavior.

INJURY & ILLNESS PREVENTION

- **Car Safety**
 - All infants and toddlers should ride in a rear-facing car safety seat until they are 2 years of age or until they reach the highest weight and height allowed by their car safety seat's manufacturer.
 - The back seat is the safest place for children.
 - Inside of car can heat up quickly in warm weather, do not leave your child in the car alone.
- **Sun Exposure**
 - Sun exposure during childhood can lead to skin cancer and premature skin aging. Avoid the sun from 10 AM to 4 PM, especially during summer season. If outside, stay in the shade and use a sunscreen approved for your child's age.
- **Burns**
 - Set the hot water heater thermostat below 120°F.
 - Do not carry your child and hot liquids at the same time.
 - Beware of hot liquid, grease, and hot food your child can grab and spill.
- **Drowning**
 - Do not leave your child alone in a tub of water.
 - Empty buckets, tubs, or small pools immediately after use.
 - Have swimming pool fenced.
- **Falls**
 - Install gates at the top and bottom of any stairs in the home.
- **Poisoning / choking**
 - Poison help line is **1-800-222-1222**.
 - Install safety latch/locks to keep dangerous household products out of reach of your child.
 - Use safety caps on all medications and toxic household products.
 - Keep all products in their original containers.
 - Learn emergency procedure for choking and CPR.
 - Do not give your baby plastic bags or latex balloons to play with.
 - Install safety devices on drawers and cabinets.
 - Remove dangling telephone, electrical, blind, or drapery cords near your baby's crib and 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 (the American Lung Association Website) and click on "Quit Smoking" tab on the top menu.

This and other information is on our Website at www.fresnochildrens.com. If you do not have access to the internet, please call our office to have them mailed to your home.