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12 Month Visit

For _____ DOB _____

Wt _____ # _____ oz Length _____ in HC _____ in

Immunizations Today: Varicella, MMR
Labs Today: PPD

Your baby may run a fever, be irritable, and/or be more sleepy for a day or two after getting shots. Your baby may also have some redness and swelling where the shots were given. Use Tylenol for symptoms. Severe reactions include generalized rash, seizures, nonstop crying for more than three hours and a fever of more than 104°F. Call us (or 911 if an emergency) if a severe reaction occurs or if you are concerned.

Tylenol Dose

Give your baby _____ ml of acetaminophen (Tylenol) infant drops every 4-6 hours if needed for fever or pain.

Development

1 year olds should be “cruising”, some even take a few steps. They also should be able to say 1-3 words recognizable by parents. If you are ever concerned about your child’s development or have questions, please ask us.

Discipline

One of the best ways to show love to your child is discipline. If you haven’t developed a plan for disciplining your child, now is the time. Be firm yet loving and most importantly, be consistent.

1. Redirect your child when he/she is doing something that is not allowed.
2. Set limits. Start with only a few important rules such as not throwing toys or playing with electrical cords.
3. Praise your child when he/she is behaving well. Kids always tend to seek attention and they will behave in such a way to get it.

Nutrition

Time to make some changes in your child’s diet.

1. In general, whole milk is preferred for babies 12-24 months old. If your baby does not tolerate the change to all whole milk, go a bit slower. Start by mixing the sippy cup with ¼ whole milk and the rest the previous formula or breast milk. Gradually increase the whole milk as tolerated. Limit milk intake to no more than 24 ounces a day.
2. Table foods are best now. Baby food is usually not needed anymore. It is important for your baby to eat 2-3 servings of meat, fruits and vegetables each day. Avoid foods that are easy to choke on: popcorn, hard candy, nuts, grapes (unless cut in half) and hot dogs (unless cut into very tiny pieces). Avoid these foods until your child is 3-4 years old.
3. Wean the bottle. The best way to wean is to put water in the bottle and milk in the cup.
4. Vitamins are not necessary if your baby eats a well-balanced diet. If there is any question, feel free to offer your baby a liquid multiple vitamin such as Poly-Vi-Sol. The dose is 1 ml. daily.

Safety

We at Skyline Pediatrics want to help you make sure that your child is as safe as possible. Please help by focusing on prevention.

1. If your child is over 20 pounds, you can change to a forward facing car seat. Continue to use an approved car seat in the back seat.
2. Both parents and significant care takers should take CPR training at least every 2 years. Local hospitals usually offer these classes.
3. The Poison Control number is: 1-800-362-0101.
4. Pools must be fenced & gates must be self closing. They should remain locked when not in use.

Resources

Please visit our website for added helpful information: www.skylinepeds.com

Next Visit: 15 Months

ENJOY YOUR TODDLER!