

12 Month Visit



NUTRITION

You can now replace formula with whole cow's milk- 18 to 24 ounces a day is needed. This provides them with the right amount of calcium but not enough Vitamin D (600IU). We recommend a complete multivitamin or vitamin D supplement to ensure that this need is met. Have your child drink from a cup instead of the bottle. Avoid sugar based drinks. Please offer your child well-balanced meals three times daily. Have your child sit at the table with the rest of the family at meal times. Remember that your child may need to try new food 10 to 15 times before he/she accepts them. Do not give your child foods that they can choke on such as nuts, popcorn, hard candy, or hot dogs cut into round pieces. Remember to give your child water that is fortified with fluoride, either city water or nursery water.

SAFETY

- Continue to use an appropriate car seat. Follow the height and weight guidelines on the car seat. The current recommendation is to leave the child rear facing until two years old.
- It is advised to use sunscreen with SPF ≥ 30 . Insect repellants containing 10-24% DEET are safe and most effective. Do not use combination products with DEET and sunscreen because the sunscreen needs more frequent application.
- Be sure your house is as "child-proof" as possible. Get down on the floor and observe from their perspective. Some general guidelines:
- Cover outlets, secure electrical cords and make sure blind cords are out of reach.
- Watch for hazardous items such as pins, coins, medications and plants.
- Install fences and alarms around pools, as drowning is the second leading cause of accidental death of children in Florida.
- The kitchen is a dangerous place. Keep knives out of reach. Cook on the back burners to reduce the risk of burns.
- Falls are common as children learn to walk. Install gates and window guards.
- The water heater should be set below 120 F to prevent accidental burns.
- **Poison Control Hotline: 1-800-222-1222.**
- **To access the most up to date Safety Sheets from the AAP, please visit the Patient Education Online search tool on our website under Resources and search for TIPP-The Injury Prevention Program.**

IMMUNIZATIONS

Today your child will receive the vaccination(s) circled below. About 3-5% of children get a fever and small rash with the MMR or Chickenpox vaccine and this occurs 7-10 days after administration. It is self-limited and you may give your baby acetaminophen (160 mg/5ml) or ibuprofen as needed. **Please refer to our website to access the most up-to-date Vaccine Information Sheets from the CDC.**

MMR (measles) Varivax (chickenpox) Hepatitis A Influenza (flu)

NAME: _____

DATE: _____

MEASUREMENTS:

Weight: _____ Lbs _____ oz (_____ %)

Height: _____ inches (_____ %)

Head circ.: _____ cm (_____ %)

TEETH

You can begin to brush their teeth with a rice-grain sized smear of **fluoridated** toothpaste daily.

DEVELOPMENT

At this age you may notice your baby:

- Says one or more meaningful words or sounds
- Claps and waves
- Points to objects that he/she wants
- Responds to his/her name and some simple commands
- Looks for objects hidden from view
- Takes steps while holding on to furniture or takes steps alone with legs wide apart
- Has separation and stranger anxiety
- Picks up small objects precisely with index finger and thumb

PROMOTING DEVELOPMENT

- Read to your child every day. Children at this age like board books with large pictures.
- Speak to your child like you speak to other adults and expect that he/she will start to understand you.
- Offer your child eating utensils and cups.
- At this age, children enjoy playing with containers, hiding and seeking, and climbing.

FOCUS ON FAMILY.

- Spend time together as a family. This is good time, if you haven't already done so, to start eating meals as a family. Establish family traditions and values.
- Try to find time for you and your partner to be alone. Taking care of yourselves will allow you to take better care of your family.

Next visit at 15 months