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Pierremont Pediatrics

www.pierremontpediatrics.com

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12 months old

General health

- At twelve months your child should receive the recommended vaccinations including: MMR vaccine, Varicella vaccine, Prevnar vaccine.
- At this visit your child will have a finger stick to obtain a complete blood count (CBC) and a lead level.
- Dental health- according to the American Academy of Pediatric Dentistry, parents should brush your child's teeth twice daily with fluoridated toothpaste (the size of a grain of rice) as soon as they erupt.

Nutrition

- At this age your child should transition from a primarily milk based diet to solid food.
- It is important to encourage a variety of different foods; you may need to try the same food multiple times before your child will eat it.
- At this age your child can change from breast milk/formula to whole milk; consult your child's doctor if your child has a formula allergy.
- Your child should have 1-2 8ounce servings of milk a day and 1-2 servings of other dairy products a day (cheese, yogurt).
- You should encourage water intake and limit juice intake to 4 fluid ounces per day—juice is not essential to your child's diet.
- Offer milk in a sippy cup or regular cup to attempt to wean your child from the bottle. Try to eliminate all bottles by 15 months.
- Your child should be able to eat most table foods, but continue to avoid hard foods and difficult to chew foods as they may pose a choking hazard.
- Solid foods should still be cut into bite-sized pieces no larger than a dime.
- Your child should not have a bottle in bed- this can promote tooth decay and ear infections.

Elimination

- Your child should have 4-6 wet diapers a day.
- Stool pattern can vary greatly from several a day to one bowel movement every few days.
- Call if your child has not had a bowel movement in more than 3-4 days, has hard stools, red or black stools or no wet diapers.

Sleep

- Your child should be able to sleep through the night.
- Your child may benefit from a consistent daytime nap schedule, usually 2 naps a day.
- It is important to put your child to bed sleepy but awake in order to encourage falling asleep independently. If this isn't done, it will become more difficult for your child to learn to fall asleep on their own as they get older.

Behavior

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- Your child may play peek-a-boo and patty-cake.
- Your child may be fearful of strangers which is normal.
- Your child should respond to their name, wave bye-bye, and imitate sounds.
- Your child should say 2-3 words such as mama and dada.
- Your child should try and feed himself, crawl, pull to stand and walk with support.
- Age appropriate discipline would be to redirect your child's attention from undesirable behavior, although some children may respond to time-out but it may take time to notice results.
- The American Academy of Pediatrics recommends screen time limited to one hour per day.
- No "screen" use during meal times and limit "screen" use one hour before bedtime
- Sibling rivalry may continue at this age and you may notice attention seeking behaviors as the child competes with siblings.
- At this age children have a strong attachment to parents and separation anxiety is common.

Injury Prevention

- Children should remain in a rear facing car seat until at least two years old. Children are safest rear facing until they reach the maximum height and weight limits of the car seat.
- Keep chemicals, cleaning supplies and medications out of reach.
- Keep the child away from the stove and oven.
- Keep hanging cords and electrical cords out of reach.
- Cover all electrical outlets.
- Limit sun exposure. It's OK to use sunscreen with minimum SPF 30, reapplying frequently.
- Do not allow your child to pull up on objects that could fall on top of the child.
- Keep sharp objects out of reach and move furniture with sharp corners or edges out of child's way.
- When bathing your child, make sure the water isn't too hot. To prevent scalding, set your water heater no higher than 120°F. Feel the bath water before placing your baby into it. **Never leave child unattended in a bath or around water.**
- Have working smoke and carbon monoxide detectors in your house. Check the batteries often.
- Guns either should not be kept at the house (recommended by the American Academy of Pediatrics policy); or guns should be stored separately from ammunition. Both should remain in locked storage facilities at all times.

"Come Grow With Us!"

Today's Date: _____ Age: _____

Name: _____

Weight: ____ lb ____ oz (____ %)

Height: ____ inches (____ %)

Head Circumference: ____ inches (____ %)

My next appointment: _____