

Age: 12 months old (Happy Birthday!)

FEEDING

Now that your child is one year old, he/she should have whole milk instead of formula or breast milk. It is time to wean off the bottle. Toddlers at this age should be eating 3 meals per day of baby and/or table foods. Try to include vegetables, grains, fruits and dairy products. Avoid foods that your child may choke on including nuts, popcorn, whole grapes, hot dogs, hard candy and gum. Encourage finger feeding (even though there will be a big mess!) and introduce a spoon and fork.

DEVELOPMENT

Toddlers at this age are learning to stand and walk alone. Read to your child daily. Choose books with bright colors and pictures. Most one year olds know "mama" and "dada" and enjoy learning new words. Discourage "pointing and grunting" for things. When your child points to something, make sure you use the word before giving him what he wants. Appropriate toys at this age are blocks, balls, play telephones, soft stuffed animals, and push/pull toys.

SLEEP

Develop a bedtime routine which is the same every night. Be calm and consistent. If your child awakens during the night, check on safety and comfort and do not interact with him/her. Do not give a bottle of milk or juice. It is not needed at this age.

TEETHING

Your child may be teething at this age. You will notice lots of drooling and chewing if teeth are breaking through. Teething rings are helpful if needed. Use ibuprofen when teething is painful and dose according to your infant's weight. Make sure you are cleaning his/her teeth with a clean cloth or baby toothbrush twice a day.

SHOES

Shoes protect the feet from injury. The ideal shoe is soft and pliable with a non-slip sole. Your child does not need shoes, however, to learn to walk.

SAFETY

Accidents are the number one cause of death in the first year of life. To promote safety for your child:

1. Turn handles of pans away from stove edge. Don't leave hot liquids or curling irons on countertops.
2. Remove or pad furniture with sharp corners. Use gates on all stairways.
3. Use only unbreakable toys without sharp edges or small parts that can come loose.
4. Always use an approved car seat. When your toddler is one year old AND 20 pounds, he may face forward in his car seat.
5. Don't smoke around the children.
6. Never leave your baby unattended in the bathtub or around standing water of any kind.
7. Never underestimate your child's ability to climb!
8. Keep all medicines, vitamins, cleaning fluids and chemicals locked away or out of reach.
9. Keep the poison control center number by the phone (1-800-222-1222).
10. Install safety latches on all cabinets and put covers over electrical outlets.
11. Check your smoke detectors and fire extinguishers routinely.

IMMUNIZATIONS

Your child will receive another round of immunizations today. They may include: Hib, Polio, DTaP, PCV7, MMR (measles, mumps, rubella), VZV (chicken pox) or Hepatitis A. A small number of children will get a rash after either the MMR or VZV vaccines. Call the office if a rash develops. Flu vaccine is recommended for all children 6-23 months. Ask your doctor about the flu vaccine.

FEVER

There is no "emergency room" fever. No specific temperature should carry you directly to the ER. Fever is our body's way of fighting infection. It is a natural reaction that helps us. At the same time, it can make you feel miserable. If your child has a fever AND is feeling poorly, then it is important to give Tylenol or Ibuprofen to bring the fever down and make him/her feel better. You can also try a lukewarm bath to bring down the temperature if needed.

TYLENOL (acetaminophen) DOSING

<i>Weight</i>	<i>Type</i>	<i>Dose</i>	<i>Interval</i>
12-17 pounds	infant drops	1 dropper (0.8ml)	4-6 hours
	children's liquid	½ tsp.	4-6 hours
18-23 pounds	infant drops	1 ½ dropper (1.2ml)	4-6 hours
	children's liquid	¾ tsp.	4-6 hours
24-35 pounds	infant drops	2 droppers	4-6 hours
	children's liquid	1 tsp.	4-6 hours
36-47 pounds	children's liquid	1 ½ tsp.	4-6 hours

ADVIL/MOTRIN (ibuprofen) DOSING

<i>Weight</i>	<i>Type</i>	<i>Dose</i>	<i>Interval</i>
12-17 pounds	infant drops	1 dropper (1.25ml)	6-8 hours
	children's liquid	½ tsp.	6-8 hours
18-23 pounds	infant drops	1 ½ dropper (~2ml)	6-8 hours
	children's liquid	¾ tsp.	6-8 hours
24-35 pounds	infant drops	2 droppers	6-8 hours
	children's liquid	1 tsp.	6-8 hours
36-47 pounds	children's liquid	1 ½ tsp.	6-8 hours

WHEN TO CALL

You should call the doctor if your baby develops irritability or fever lasting >48 hours, diarrhea, vomiting, or any other symptoms you are concerned about.

NEXT VISIT

Your child's next appointment should be at 15 months of age. Please bring your shot record with you to each well child visit.

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