

12 month visit

Today's measurements: Wt _____ Ht _____, HC _____

Vaccines:

- MMR, Varivax
- Reactions: fever and/or rash in 7-10 days
- The rash starts on the face and travels down, it is not contagious and will go away on its own
- Fever reducer- acetaminophen or ibuprofen is based on weight. Dosage info is on our website

Labs:

- CBC (check for anemia) and lead screening

Development:

- May say first word
- Copies sounds
- Points
- Maintains eye contact
- May take first solo steps (walking is expected between 9-18 months)
- Good pincer grasp

Safety:

- Re-childproof based on the height your child is now- walking, climbing...

Discipline:

- Setting limits is important
- Children understand "No"
- Use the word "no" for danger to self or others. If no is said to frequently, it loses its meaning.
- Use positive reinforcement for good behavior
- Be an effective parent. Be selective. Control the important things (safety and sleep)
- Find a non-physical re-enforcer for negative behavior. Removing your attention usually works

Nutrition/Food:

- It is ok to have honey, whole milk and all other foods that have been avoided
- Food struggles may arise
- The amount of food intake varies day to day
- Do not force children to eat and do not become a short order cook
- Your child knows when s/he is hungry and full
- Do not watch TV during mealtime or use electronics for distraction

Tooth brushing- 1-2x/day with a soft toothbrush and a rice grain of fluoride toothpaste or water

Next visit in 3 months (15 months old)