



PEDIATRIC ASSOCIATES OF NYC, P.C.

317 East 34 Street
New York, NY 10016
(212) 725-6300

20 Plaza Street East
Brooklyn, NY 11238
(718) 857-5500

22-18 Jackson Avenue
Long Island City, NY 11101
(718) 786-5506

12 month visit

Today's measurements: Height _____ Weight _____ HC _____

Vaccines:

- MMR, Varivax, Hepatitis A
- Reactions (MMR & Varicella): 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 on our website

Labs & Screenings:

- CBC (check for anemia) and lead screening, vision screening

Development:

- May say first word ("mama", "dada")
- Waves bye-bye
- Looks for things they see you hide
- Maintains eye contact
- Pulls to stand, cruises or may take first solo steps
- Good pincer grasp

Safety:

- Re-childproof based on the height your child is now- walking, climbing...
- Check car seat maximum measurements and remain rear facing until 2 years of age

Discipline:

- Setting limits is important, Children understand "No"
- Use the word "no" for danger to self or others. If no is said too frequently, it loses its meaning.
- Use positive reinforcement for good behavior
- Be an effective parent. Be selective. Control the important things (safety and sleep)
- Try not to reinforce 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

Next visit in 3 months (15 months old)



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

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