

NAME _____

DATE _____

WEIGHT _____ (_____ %)

LENGTH _____ (_____ %)

HEAD _____ (_____ %)



FOR YOUR 12 MONTH OLD

FEEDING

Offer a variety of healthy table foods diced into small pieces.

Avoid giving any large pieces of food, raw carrots or celery, chips, popcorn, nuts, seeds, whole grapes, or hotdogs that may cause choking.

If you are a vegetarian or vegan, it may be necessary to consult a nutritionist to ensure your toddler gets enough protein and zinc.

You may continue to breastfeed your baby after 1 year of age. Continue prenatal vitamins while breastfeeding.

Introduce whole milk in place of an iron-fortified formula. Your toddler should drink 16-24 ounces of whole milk each day. Too much milk can lead to picky eating and possible iron-deficiency anemia.

Put the milk in a “sippy” cup instead of a bottle. Do not put your toddler to bed with a bottle of milk.

Most toddlers do not need vitamins, but they do need 400 IU/day of vitamin D in their diet or as a supplement.

Avoid giving your toddler juice. Offer meals on a schedule and healthy snacks to avoid grazing.

Have family meals - toddlers enjoy the social aspects of eating.

If you have a family history of food allergies, please discuss them with your doctor.

DEVELOPMENT (12-15 MONTHS)

Crawls, scoots, and creeps, pulls to stand, may walk alone or assisted.

Understands “no”, says “mama” and “dada” with meaning, may have 1-3 other words, imitates words and gestures, follows simple commands. Talk and read to your child to help them develop their language.

Finger feeds, may use spoon, uses cup, waves, claps, and plays peek-a-boo.

Likes to look at pictures, points to named body parts, likes boxes, balls, bowls, imitates adult behavior with telephone, hairbrush.

AVERAGE DIET FOR TODDLERS:

Cereals - Iron-fortified infant cereal (rice, mixed barley, or oatmeal), cooked or instant Cream of Wheat, Cheerios, or other non-sugar coated cereals.

Fruits - Fresh stewed, or baked, small pieces of fruits according to chewing ability.

Vegetables - Fresh steamed or broiled, canned or frozen, refrain from raw vegetables-offer vegetable soup.

Meats/Poultry - Boiled, roasted, broiled tender meats/poultry, meats served in soups, use strained baby meats as a sandwich spread. Avoid fried foods.

Dairy - Soft mild cheeses (cottage, cream, American, cheddar), pudding or yogurt.

Eggs - Scrambled, hard-boiled, egg salad or omelet. Feed just the yolk when giving eggs for the first time.

Starch - Potato (boiled, baked, or mashed), whole grain breads, crackers, pastas, spaghetti with tomato sauce, macaroni and cheese, pancakes, French toast, rice cakes.

Meat Substitutes - Macaroni and cheese, cheese dishes served with milk, yogurt, beans, eggs, cottage cheese, lentils and hummus.

SLEEP

The average baby sleeps 14 hours per day at this age.

Most toddlers at this age still take 2 naps per day.

Your baby should be sleeping through the night without needing to be fed.

FOR YOUR 12 MONTH OLD

SAFETY

Car seats should remain rear facing until 2 years of age. Make sure to adjust the shoulder straps as your child grows. Check your specific carseat for guidelines that it can remain rear facing safely.

Keep cleaners, medications, plastic bags, and small objects away from your toddler. Use cabinet locks and outlet covers.

In case of accidental ingestion or poisoning, or for free poison prevention information, call Poison Control at (800) 222-1222.

Falls are common in this age group- use wall mounted gates on stairs.

Use a properly fitted bicycle helmet if you take your toddler on a bike ride in either a trailer or toddler seat.

OTHER THINGS TO KEEP IN MIND

Use a small, soft toothbrush to clean your toddler's teeth every day. You should use a small amount (like a rice grain) of fluorided toothpaste on the brush. Establishing dental care early in your child's life is recommended at first tooth eruption or by the first year. In the event of a dental injury or other concerns, you will then have a dental home.

Protect from sun exposure with clothing, blankets, or an umbrella. Use PABA-free sunscreen with SPF>15. Reapply frequently.

Have your toddler's feet properly measured in length and width, buy flexible shoes.

Read to your child daily!

TESTS/IMMUNIZATIONS FOR TODAY

Vaccines will be given today. Please review our information sheets or you may visit www.aap.org for vaccine info.

You will be given a developmental questionnaire to complete in our office.

Your baby may have blood taken for routine tests.

WEBSITES

www.carypediatriccenter.com
www.aap.org
www.cdc.gov/vaccines
www.seatcheck.org
www.healthychildren.org

ACETAMINOPHEN DOSAGE (160 mg/5ml) (EVERY 4-6 HOURS)

6-11 lbs = 1.25 ml
12-17 lbs = 2.5ml
18-23 lbs = 3.75 ml
24-35 lbs = 5.0 ml

INFANT IBUPROFEN DOSAGE (50 mg/1.25ml) (EVERY 6-8 HOURS)

12-17 lbs = 1.25ml
18-23 lbs = 1.875ml
24-35 lbs = 2.5 ml of infant ibuprofen or 5 ml of children's ibuprofen (100mg/5ml)

Never alternate Tylenol and Motrin for fever.

ADDITIONAL INSTRUCTIONS

YOUR NEXT APPOINTMENT IS AT 15 MONTHS

at the fifteen month check-up...

- Your baby will have a physical examination.
- Your questions and concerns will be answered.
- Your baby will receive vaccines.
- You will be given a developmental questionnaire to complete in our office.