

**Palisades Pediatrics, LLP  
236 North Main Street  
New City, NY 10956  
(845)-708-0400**

**Twelve (12) Months Old**

**Feedings:**

- 1) Table food/junior baby food for three (3) meals a day.
- 2) Appetite may decrease over the next few years.
- 3) Whole milk may be started. Maximum of 24 oz. a day.
- 4) Diet should include finger foods, **DO NOT give foods that could cause choking ( i.e. nuts, popcorn, hot dogs, corn, raw carrots, pieces of apple, grapes or raisins)**

**Medications:**

Fluoride vitamins- One dropper by mouth once a day if appropriate as prescribed by your Health Care Provider.

**Your Growing Baby:**

- 1) Use some words (mama, dada, hi, bye, no) May imitate words and sounds.
- 2) Walks holding on.
- 3) May be walking but still prone to fall.
- 4) May want more independence (wishes to feed himself/herself, help dress himself/herself).
- 5) Use a cup.
- 6) Play social games (peek-a-boo, pat-a-cake, so big).
- 7) May put one object inside another with nesting toys.
- 8) Over the next few months, your infant will:
  - Walk well independently and walk backwards;
  - Climb steps;
  - Use a spoon;
  - Scribble spontaneously.

**Parent Tips:**

- 1) Encourage speech development. Name and point out body parts. Name common objects and pictures for your baby. Talk to your baby during feeding, changing, bathing, dressing, and walking.
- 2) Spend at least ten (10) minutes a day in activities such as reading and games. (i.e., taking turns and chasing each other around)
- 3) Praise your baby for desired behavior. Set limits for safety through verbal “no’s” and removal of your baby from potential dangers.
- 4) Baby needs help in slowing down at night. You can help by establishing a consistent bedtime routine and avoiding vigorous activities before sleep. Put your baby to sleep in their own crib
- 5) Allow your baby to explore freely but safely.
- 6) Pick up, hold, cuddle, and love your baby.
- 7) Use a soft toothbrush to brush your child’s teeth once or twice a day.

**Accident Prevention:**

- 1) Keep safety caps on medications. Store medications, household cleaners, poisons, and sharp or small objects out of reach
- 2) Keep medicines, household cleaners, and poisons out of reach, preferably in an upper cabinet..  
**CALL the POISON CENTER at 1-800-222-1222 if accidental ingestion occurs**
- 3) Use safety gates at all staircases and keep doors to stairs and bathrooms closed.
- 4) Remove sharp edged or hard furniture from the room he/she is in.
- 5) Protect your baby from hot liquids in pots, pans, cups, hot oven doors, and wall or space heaters. Turn handles of pots and pans in when in use on the stove so your infant does not pull them over
- 6) Use a playpen as a safe place when you are temporarily distracted. Make sure the crib has slats no wider apart than 2 3/8", mesh netting with weave smaller than baby's buttons, firm floor support or legs, hinges that lock tightly and no sharp edges.
- 7) Keep water temperature set at 120°F or less.
- 8) **USE CAR SAFETY RESTRAINTS INSTALLED PROPERLY, it is required by law!!** The car seat is required to be rear facing until at least 24 months of age.
- 9) Never leave baby alone near bathtub, pool or any other water.
- 10) Crib mattress should be at lowest level. Remove bumper pads and large toys from crib.
- 11) Always use **PABA free sunscreen with SPF of 15** with any sun exposure.

### **Screening Tests:**

The PPD test is a skin test that will detect if your child has been exposed to tuberculosis (TB). Your child may be given this test today if found to be at high risk for tuberculosis infection.

A photo screening vision test will be performed to detect vision or eye problems.

### **Lab Work:**

You will receive orders for the following bloodwork for your infant today:

- Complete Blood Count to check for anemia or other blood disorders.
- Lead level to check for lead poisoning as is mandated by New York State Department of Health.

### **Immunizations:**

- 1) Your baby will receive these immunizations: Measles, Mumps, Rubella (MMR) #1, Hepatitis A #1, & Prevnar 13 #4.
- 2) Your baby may:
  - Be irritable;
  - Develop a low grade fever;
  - Develop redness, tenderness, or swelling over the injection site;
  - Develop a rash or fever 1-2 weeks after immunizations.
  - Have some swelling of the glands of the next 1-2 weeks afterwards.
- 3) Call the Health Care Provider if your child has any serious reaction.
- 4) Give Infant Tylenol if child develops fever or fussiness. Give the dose based on their weight as advised by the Health Care Provider

### **Special Instructions:**

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### **Next Visit:**

At fifteen months of age for well child check and immunizations.