

YOUR 1 YEAR OLD

FEEDINGS

Breast milk or formula may now be replaced by whole cow's milk. The volume taken will vary and may be supplemented with dairy products such as yogurt. Encourage use of a sippy cup. It is best to wean babies from the bottle by 15 months of age. The babies take less milk as they eat more solid food. In addition, the baby's rate of growth normally decreases after a year of age and there is an associated decrease in appetite.

Solids - Pureed or junior foods may be continued, and soft table foods added. A good "rule of thumb" is babies can eat anything that dissolves in the mouth or can be chewed without teeth. Eating becomes interesting and very messy as finger foods are added. Your 1 year old may become opinionated about his diet. Choking is the major concern regarding solid foods. Avoid foods that are easily lodged in the airway: hotdogs, peanuts, candy, grapes, popcorn, raisins, etc. Continue three meals a day on a regular schedule. The main purpose of juices at this age is to help prevent constipation; while any may help, apple, pear and prune juice are the most effective at dealing with hard/infrequent stools.

DEVELOPMENT

The norms for development (speech, motor, etc.) are based on ranges; not every baby achieves milestones at the same time. Some normal children walk at 10 months, while others wait until 14 months. At this age most children are pulling up, cruising around the furniture, and even momentarily standing. Imitation of behavior is common at this age; your baby will want to imitate whatever you are doing. A few simple words may appear now. Make sure your baby is responding to sounds and voices; if you aren't sure, let the doctor know. If you feel your baby is not doing the milestones above, talk with Dr. Lacy or Dr. Elias.

MEDICATIONS

Vitamin supplementation is not routinely necessary for healthy growing children who consume a varied diet, but some parents like to supplement with vitamins. I recommend simple Poly-vi-Sol in such instances. Continue to use the dosing guidelines for acetaminophen (Tylenol) and ibuprofen (Advil, Motrin) according to the child's weight.

SLEEP

One year olds should be sleeping in their own bed and sleeping through the night. Bedtime rituals are important at this age. Children need a familiar routine. Keep security objects, such as favorite stuffed animals, nearby at bedtime. Complete the bedtime ritual before your child falls asleep. It is important for children to lie down **AWAKE** and learn to get themselves to sleep. Once put in bed, your child should stay there. Overlook tantrums and protests and leave the room. It is important to enforce bedtime at this age.

RECOMMENDATIONS

- Always use car restraints
- Know CPR
- Recheck your house for safety (poisons, electrical outlets, etc.)
- Play interactive games like peek-a-boo. Read books and play music to your toddler
- Continue dental care
- Use sunscreen
- If your household is bilingual, use BOTH languages in talking with your baby.
- Good hand washing is the most important thing you can do to decrease illnesses

Have the number for **The Poison Information Center** available: **1-800-222-1222**

IMMUNIZATIONS

Dr. Elias or Dr. Lacy will discuss with you which immunizations your baby will receive today.

- Pneumococcal (Streptococcus pneumonia - a bacteria germ that causes meningitis and pneumonia)
- MMR (Measles, Mumps, Rubella) *note: your baby may run a fever & develop a rash 8-10 days AFTER the MMR vaccine
- Varicella (Chickenpox)
- Flu (seasonal) - influenza "flu" is recommended for all babies > 6mos and is given in the fall

PLEASE REVIEW THE IMMUNIZATION HANDOUTS FOR POSSIBLE SIDE EFFECTS OR REACTIONS

NEXT VISIT

The next visit is at 15 months of age. Please schedule this appointment today. Please refer to immunization schedule for details of immunizations at the next visit.

TODAY'S WEIGHT: _____

LENGTH: _____

H C : _____

SPECIAL INSTRUCTIONS: