

# Princeton Nassau Pediatrics, P. A.

Princeton Shopping Center  
301 North Harrison Street, Princeton, New Jersey 08540  
609-924-5510

196 Princeton Hightstown Road, West Windsor, New Jersey 08550  
609-799-5335

## 12 Month Well Visit

### *What your baby may be doing now:*

- Cruising along furniture or walking
- Responding to his name
- Playing peek-a-boo
- Pointing with fingers
- Saying one or two words

### *Feeding:*

- Start giving your child whole milk to drink- most will take 16-20 oz/day.
- Try to offer liquids in a cup instead of a bottle
- Feed your child 3 meals daily plus snacks
- Offer a variety of healthy foods every day- your child will decide how much to eat. [Picky eating](#) is normal, and your child will have “good days” and “bad days.”
- Limit juice to 4-6 oz/day.
- Give your child a multivitamin daily. If you do not use fluoridated water, your child may need a fluoride supplement.

### *Parenting:*

- Brush teeth with a soft toothbrush every day.
- Say “no” to your child when necessary, and remove him from the dangerous situation. Avoid yelling or spanking.
- If your child has a tantrum, try to ignore it, or distract her with something else.
- Read books to your child.

### *Safety*

- Use a car seat for every ride.
- Put baby gates on tops and bottoms of stairs
- Prevent drowning-supervise your child at all times when near water
- Use sun block whenever you are out.
- Prevent choking- keep small objects and toys out of baby’s reach.

- Childproof your home - cover electrical outlets, install latches on cabinets, etc.
- Lower the water heater temperature in your home to 120°F or less, to prevent accidental burns
- Keep the Poison Control Number handy: 1-800-Poison-1

### *When to call the office:*

- If your child has vomiting and diarrhea for more than a day, is acting very sluggish or irritable, has trouble breathing, has a fever over 102°F, or if you have other concerns.
- For routine questions or for advice on specific symptoms, check out the [Pediatric Advisor](#) section on our website

### *Vaccines at this visit:*

- [Hib](#)
- [Prevnar](#)
- [Hep A](#)
- [Flu \(in season\)](#)
- [PNP Vaccine policy](#)

Your child may have a mild fever or fussiness after his vaccines today. You may use Tylenol every 4-6 hrs as needed over the next 2 days.

Baby’s Weight	Tylenol dose
6 to 11 lbs	0.4 ml (40 mg)
12 to 17 lbs	0.8 ml (80 mg)
18 to 23 lbs	1.2 ml (120 mg)
24 lbs +	1.6 mL (160 mg)

### *Web Resources*

- [www.aap.org](http://www.aap.org)
- [Communication and your child](#)
- [www.zerotothree.org](http://www.zerotothree.org)
- [Preventing lead poisoning](#)
- [Toddler nutrition](#)
- [Children’s Hospital of Philadelphia Vaccine Website](#)