

Princeton Nassau Pediatrics, P. A.

www.princetonnassaupediatrics.com

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 rear facing 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 according to this [dosage chart](#).

Web Resources

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

