

Name _____ Date _____

Weight _____ (____%) Height _____ (____%) Head _____ (____%)

Acetaminophen (Tylenol) dose _____

Vaccines administered today: _____

Diet

- You can start whole milk in a cup now. Discontinue bottle use to avoid cavities. At this age, a baby needs only 16-24 ounces of milk per 24 hours – more milk can cause anemia. It's good to do milk at mealtimes and water with snacks and between meals.
- Table foods should be offered on an "adult" meal schedule (3 meals a day with 2-3 healthy snacks). Do not force eating. Continue to offer well-balanced meals with foods from each food group.
- Children can now have honey, but continue to avoid foods that can cause choking (peanuts, popcorn, raisins, carrots, hard candy, ice).
- Expect a drop in appetite, and some children may become picky.

Development

- Your child may now be saying 1-3 words and will understand simple directions.
- He or she may wave "bye-bye" and will be cruising along furniture or even walking!
- They play games like peek-a-boo and imitate sounds and other things that their parents do.
- Sing, talk, and read to your child for language development!

Sleep

- A 1-year-old needs about 10-12 hours of sleep at night and 1-3 naps during the day.
- Comfort objects can be helpful for self-soothing while falling asleep.
- Bedtime routines and sleep training continue to be very important.

Continued on other side

Safety

- AAP recommends that you keep your baby in a rear facing car seat until they have reached the highest height or weight allowed by your seat. This will most likely be until age 2 or older.
- Keep your home and car “smoke-free.”
- Child proof your home and keep plants out of reach.
- Use baby gates.
- Stabilize all furniture, including the TV.
- Your crib mattress should be on the lowest setting so your toddler cannot crawl out of the crib.
- Maintain close supervision, especially around streets, water (including toilets and baths), and animals.
- Use sunscreen and bug spray “for kids”. Sunscreen should be SPF 15 or greater, and bug spray should have less than 30% DEET.
- Poison Control: 1-800-222-1222

Parenting

- Children under 18 months should not have any screen time except for video chatting.
- Brush your baby’s teeth twice a day with a soft brush and training toothpaste, water, or fluoride toothpaste in an amount about the size of a grain of rice.
- Decrease pacifier use. Limit to bedtime and naptime.
- Be consistent with discipline, and tell the child what you are going to do BEFORE you do it. Have a discreet set of rules that you never “give” on, such as no hitting, biting, or hurtful behavior towards animals or people. Give positive feedback when the child displays favorable behavior.

At this visit

Typical screenings: Hemoglobin and lead levels

Typical immunizations: MMR (Measles, Mumps and Rubella); Varicella; Hepatitis A; Influenza when in season

Other preventive health: Fluoride varnish applied every 6 months*

*Per provider discretion

Return at 15 months of age for your next well child visit!