



# Wellness Check Informational Handout

## 12 Month Check-Up

### Immunizations

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The following vaccinations will be provided today as long as your child is up-to-date on their vaccines:

|        |                                       |                        |
|--------|---------------------------------------|------------------------|
| MMR #1 | Varivax (Varicella #1,<br>Chickenpox) | Vaqta (Hepatitis A #1) |
|--------|---------------------------------------|------------------------|

It is common for children to experience some discomfort from today's vaccines.

The following are **NORMAL** side effects:

- Soreness, redness, swelling, tenderness where shot is given
- Fever (usually low grade)

For **relief**, you may apply ice pack for up to five minutes at a time throughout the day for the first 24 hours and give Tylenol (see dosage chart on well check card).

**Should your child experience:** Streaking at the site of injection, difficulty breathing, hoarseness, wheezing, swelling of the throat, weakness, fast heartbeat, dizziness, or hives **CONTACT OUR OFFICE IMMEDIATELY.**

### Other Recommendations:

- TB & Lead Risk Assessment
- Blood Lead Screening
- Floride Dental Varnish
- Hemoglobin Screening for Anemia
- Spot Vision Screening

### Nutrition

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1. Your toddler should be making the transition from a diet of baby food and formula or breast-milk to a diet of mainly table food and cow's milk. This is an important time for your child and your family. It is your responsibility to teach your child to accept and like a variety of healthy foods. The key to

getting your child to accept new and nutritious foods is repeated exposure. You may need to serve a food 10 times or more before your child learns to accept or even like a new food. Keep trying.

2. This is an excellent time for parents to look at their own diet. Parents are important role models. How parents eat has a profound impact on their children's diet. Studies show that children who prefer high fat and calorie-dense foods (junk food) have parents with similar preferences. Parents transfer eating habits to their children. Parents need to provide nutritious food at every meal and every snack. Aim for at least two to three servings each of fruits and vegetables a day. Eliminate high-calorie, poor quality snacks such as sodas, chips, and cookies. Milk should be served at each meal. Healthy eating habits will decrease the risks of chronic diseases such as obesity, heart disease, diabetes, cancer, and stroke for the entire family.
3. You may notice that your child is getting more independent and wants to self-feed. This is normal. Provide more finger foods for your toddler.
4. You may also notice that your child's appetite is decreasing. This is normal. Your child is entering a period in which growth will be much less rapid. In the 1st year of life, most babies triple their birth weight. Between 12 months and 2 years of age, most babies only gain about 5 or 6 pounds. Do not worry if your child's appetite has decreased; just keep offering a variety of nutritious food. Do not worry about any particular day or even week. Try not to turn meal time into battle time. Resist the temptation to become a short-order cook.

### The Food Guide Pyramid:

The U.S Department of Agriculture publishes a "Food Guide Pyramid" that is a general guideline of foods important for a healthy, balanced Daily diet. The following is a modification of the USDA Food Pyramid for children age 12-23 months.

| The Food Pyramid         |              |   |
|--------------------------|--------------|---|
| Dairy Group              | 3-4 servings | Milk (whole milk)-1/2 cup (4 oz)<br>Cheese-1/2 oz.<br>Yogurt-1/4 cup (2oz)  |
| Meat and Others Proteins | 2 servings   | Meat, Fish or Poultry-1 ounce (about 1/4 the size of a deck of cards)<br>Eggs- 1/2<br>Beans-1/4 cup (cooked)                    |
| Fruit                    | 2-3 servings | Canned or Frozen Fruit (in natural juice, not syrup)-1/4<br>Fresh Fruit-1/2 of small sized fruit<br>100% Fruit Juice-3 to 4 oz. |
| Vegetables               | 2-3 servings | Cooked Vegetables -1/4 cup (2 oz or 4 TBS)<br>Raw vegetables are not appropriate at this age, as they are a choking hazard.     |

|  |              |  |
|--|--------------|--|
| Grains—at least half should be whole-grain | 4–6 servings | Bread-1/2 slice (preferably whole grain)<br>Cooked Cereal, Rice, Pasta-1/4 cup<br>Dry Cereal-1/3 cup<br>Crackers-2 to 3 (Preferably whole grain) |
|--|--------------|--|

### Liquid Intake:

Continue to feed your baby breast milk or an iron-fortified formula until at least 12 months of age. Wait until 12 months of age to introduce cow's milk.

- **Milk:** Your child should drink at least 12–16 ounces a day of whole cow's milk. More than 24 ounces a day of milk can lead to anemia & a decreased appetite in general. Dietary fat is important for brain growth & thus, your child is too young for low-fat milk. Offer milk at every meal. If your child will not drink milk, offer milk products such as cheese and yogurt.
- **Soft Drinks, Fruit Drinks, & Sport Drinks:** not appropriate in this age group. Offer water between meals.
- **Cup training:** Your toddler should be able to drink all of his liquids from a cup. It's time to discontinue the bottle; prolonged bottle use causes cavities. One way to help wean off the bottle is to put only water in the bottle so your child will lose interest. Sippy-cups (cups with a lid and spout) can also cause cavities if you allow your child to use them all day long. Save them for snacks and mealtimes. Cups with straws will reduce the exposure of the teeth to the beverage as your child drinks.

### Fruits & Vegetables:

Offer 2–3 servings each of fruits and vegetables every day. While amounts of food eaten on any given day can vary tremendously, a reasonable goal for total fruits & vegetables a day for your toddler is 1 cup to 1 ½ cups a day. A cup equals 4 servings & 1 ½ cups equals 6 servings a day. Keep trying. Set a good example.

### Grains:

Make sure at least half of your child's grains are whole grains.

### Iron-Containing Foods/Anemia:

- Iron stores during the 1st year of life are generally very good. Breast-milk, iron-containing formulas, and iron-fortified infant cereals all help to ensure adequate iron intake during the first year.
- Now that your toddler is entering her 2nd year, she will need to depend on different foods for her iron. Red meats, poultry, & fish all provide easily absorbable iron. Vitamin C helps iron absorption, so offering citrus fruits at meals or snacks help. Limit milk to 24 ounces or less a day; 12–16 ounces is all that is needed to supply the calcium that your toddler needs. Excessive milk at this age can cause anemia.
- If your child is not a meat-eater or you have concern about your child's iron-intake, do not hesitate to give a daily supplemental vitamin with iron, such as Poly Vi Sol with Iron or Vidaylin with Iron drops. Iron supplements may discolor teeth so it is best to brush teeth or rinse the mouth after each dose. One to 2 servings a day of infant cereal is another way to provide iron supplementation to your toddler. The infant cereals are more iron-rich than regular cereals.

## Snacks:

Offer nutritious, bite-sized snacks such as fresh fruit, fruit canned in natural juice, cottage cheese, string cheese, whole-grain crackers, Cheerios or other iron-fortified unsweetened cereals, avocado, and bits of meat. Avoid high-calorie, poor nutritious foods such as cookies, donuts, candy, and French fries.

## Development

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### Social/Emotional:

During the second year of life, toddlers have a very selfish view of the world. They know other people exist, but they have no idea how they think or feel. Child development experts refer to this as the egocentric or self-centered phase.

This viewpoint makes it difficult for toddlers to play with other toddlers in a truly social sense. They will often enjoy playing alongside each other, but cooperative games do not work. Often playing with older children is easier and more enjoyable for everyone. Sharing is meaningless to a child this age & a toddler believes that he alone deserves the spotlight.

Your toddler's mood will swing between fierce independence and clinginess to you. Some people call this period "the first adolescence." Your child is having mixed feelings about his new independence skills and his reluctance to separate from you. Give him attention and reassurance.

### *Tips:*

1. Try to minimize combat when your child's "friends" are over. Provide plenty of toys for everyone. It might help to select a couple of prized possessions for your child & make these items off limits to other children. If your child is acting too possessive & not allowing the other children to play, try reassuring him that the other child is "only looking at it" or "yes it's your toy, he's not going to take it from you." Distract and redirect your child. Be prepared to referee.
2. Children this age are often aggressive. They have very little awareness of the feelings of others & being physical is a natural response to frustration or anger. Be alert when toddlers play. Be prepared to pull the aggressive child away from the activity. Clearly reprimand the behavior, ("don't bite", "don't hit", etc.) and redirect all the children to friendlier play.
3. Toddlers are great imitators. When you are mowing the lawn, reading the paper, or sweeping the floors, your toddler may want to help. Even though it may take longer, try to involve your child or turn the activity into a game. If you are doing something that she cannot help you with or participate in some way, find another "chore" to do. Encourage these desires to be helpful. Helping, like sharing, is an important social skill.
4. Brief separations from you may help your toddler become more independent. He will still suffer separation anxiety, but generally the protest is brief. Leave him with a kiss & a promise that you'll return. When you return, greet him enthusiastically & devote full attention to him for a while before moving on to other chores or business. This way, your child will learn that you always return.
5. Toddlers are notorious for throwing tantrums. Unfortunately, tantrums are seen from about 9 months up until 4 or 5 years of age. A tantrum is the emotional equivalent of a blown fuse. A tantrum is most likely when frustration has built up in your toddler such that only an explosion can release it. Once a tantrum is underway it is not something neither an adult nor the child can generally stop.

The best strategy is to try to avoid tantrums. Organize your toddler's life so frustration is kept to a minimum. Allow time for naps & quiet time. Keep meal and snack times predictable. Have reasonable expectations. A toddler is not going to eat neatly or pick up his toys without help. If possible, leave your toddler at home with the other parent when lengthy errands need to be run. Sometimes you might be able to head off a tantrum by holding your child & cuddling or by redirection. Lend him some of your control until he's able to take a breather & take charge of himself again. If it's too late for this, try your best to treat his behavior as unpleasant, but irrelevant. Do not scream or argue with your child for he is not capable of listening during a tantrum. Remove breakable objects. Do not give in to your child's demand because this will increase their frequency of tantrum. Do not let your child feel rewarded or punished for the tantrum. When the tantrum is over, you both just need to go on with your day.

### Cognitive/Learning:

You will notice how hard your toddler concentrates as he plays. He is constantly gathering information about how things work. He is learning to make decisions & find solutions for play-related problems. He will be attracted to mechanical devices such as wind-up toys, switches, buttons, and knobs.

Imitation is an important part of learning at this age. He may play with household objects by himself or try to involve you. He may also like hiding games. If he does something special, he may pause and look to you for applause. By responding to these cues you will encourage his learning, and have fun.

He still lacks judgment & does not understand consequences. You must watch him carefully. Even if he injures himself in play he may not understand the cause. He knows that he can open & shut doors, but does not know to keep his/her fingers out of the way.

### Language:

You have probably noticed that your toddler now understands most of what you say. If you suggest going outside, he'll head for the door. If you ask where his ball is, he'll go look for it. This understanding is a giant leap in language development. Start using less baby talk. Speak clearly to your toddler. Continue to talk lovingly & with emotion to your toddler. Try to read to your child daily at a regular time. Most toddlers can say one or two words at this age. First words are usually labels, such as people's names, favorite toys, pets' names, or other special objects. Use correct labels (names) for objects. Pronunciation is difficult so work hard to understand what he is telling you.

### Gross Motor (Movement):

Walking without support is the major motor milestone for this age group. If your child is not walking yet, she should be within the next 6 months.

When a toddler first walks, she will plant legs apart widely and lurch side-to-side slowly. She may hold her arms up, bent at the elbow, and with hands at shoulder level for balance. Over the next few months, her walk will mature. Her feet will come together and her arms will move at her side in a more normal fashion.

At this age walking is still a challenge. Your toddler will fall and fall and fall. Even turning corners is not easy at first. Watch your child carefully, especially around stairways.

### Fine Motor (Hand & Finger) Skills:

Over the next few months, your toddler's ability to manipulate small objects will improve dramatically. By manipulating small objects, he will learn spatial relationships such as: in, on, under, and around. Favorite games include:

- Putting raisins or cheerios in a small container and then dumping them out again
- Building towers of 2 or 3 blocks and knocking them down.
- Turning knobs and pages
- Covering and uncovering containers
- Picking up balls or other objects

### Media Alert:

Now while your child is young, parents need to consider both the risks & the benefits of mass media exposure (television, movies, video and computer games, the Internet, etc.) and set family rules for media exposure. Potential benefits of the media include selected educational television programs, family entertainment/movies, & knowledge obtained through the Internet. Unfortunately, there are also problems with excessive or unsupervised mass media exposure. Currently the average American child spends more than 3 hours a day watching television. This figure does not include time spent watching movies, listening to music, playing video or computer games, or surfing the Internet. Time spent with the media can displace creative, active, or social pursuits.

### Screen Time Recommendations:

Helping children develop healthy media use habits early on is important. The American Academy of Pediatrics recommends the following guidelines:

- For children younger than 18 months of age, use of screen media other than video-chatting, should be discouraged.
- Children ages 18-24 months may be introduced to high quality programming/apps if parents use them together with their children. Children learn best when interacting with parents/caregivers.
- For children older than 2 years, limit screen use to no more than 1 hour per day of high quality programming. Co-viewing with your child is recommended.
- All children and teens need adequate sleep, physical activity, and time away from media. Designate media-free times to be together as a family and media-free zones. **Children should not sleep with electronic devices in their bedrooms, including TVs, computers, ipads and smartphones.**
- Parents are encouraged to develop personalized media use plans for their children taking into account each child's age, health, personality and developmental age. Plans should be communicated with caregivers and grandparents so that media rules are followed consistently.

## Dental Tips

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1. Do not allow children to use sippy cups throughout the day. Save them for snacks and meals. If you choose to give high-sugar beverages such as juice, limit the amount to less than 4oz and it is best to serve it in a cup with a straw.
2. Discontinue bottle use.
3. Use a dab of fluoridated toothpaste & a soft child-sized toothbrush for daily cleaning once your child has 7-8 teeth. If your toddler has less than 7 teeth, use a soft infant toothbrush to gently brush teeth and gums. Try to brush your baby's teeth twice a day.
4. Once you are sure that your toddler will spit, not swallow, toothpaste, begin using toothpaste with fluoride. Use a pea-sized amount of toothpaste to limit the amount that he can accidentally swallow.
5. Cheese is excellent when eaten at the end of a meal or as a snack. Cheese is a good source of calcium. In addition, Cheddar, Swiss, and Mozzarella stimulate saliva flow, which helps clear the mouth of food and neutralizes acid.

6. For more information you may visit the American Academy of Pediatric Dentistry's website at [www.aapd.org](http://www.aapd.org).

## Care Of Your Child

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### Sleep:

Most 12 month olds sleep around 11 hours overnight and take 2 naps a day (morning and afternoon) of 1 to 2 hours each for a total of 13 to 14 hours of sleep in a 24 hour day. Often the morning nap is discontinued by 15 to 18 months of age. When the morning nap is dropped, the afternoon nap may stretch out another half hour or so.

Often children this age are anxious and have problems with separation at bed-time. It is a good idea to help your child by blending a transitional object into his bedtime ritual. A transitional object, usually a cuddly blanket or toy, is an object that your toddler becomes attached to and helps him make the emotional transition from dependence on parents to independence. The presence of this comforting object helps your child feel at home in a strange place, reassures him when he's away from you, calms him when he's upset, and helps him relax into sleep. During this separation-anxiety phase, your baby may become fearful of the dark. A night-light in his bedroom may help with this fear.

Have a soothing predictable bedtime routine such as bath, bedtime story, and saying goodnight to family and favorite objects. A snack or drink should not be part of this routine. Include his transitional object in this routine. Make sure "Mister Bear" is included in story time. Place your child in his crib while he is awake but drowsy.

If he stirs and seems to awaken during the night, do not rush in. If you wait for 5-10 minutes he may settle back to sleep. If he calls out for you, sometimes calling back and letting him know that you are nearby will be enough. If these simple measures do not work, you will need to go into his room and briefly reassure him. Make night-time contacts brief and boring.

If you want to read more about sleep problems, we recommend **Solve Your Child's Sleep Problem** by Richard Ferber.

## Safety

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Injuries are the leading cause of death in children less than 4 years of age. Because of all the new motor skills and the natural desire to explore, this stage is a very dangerous time in your child's life. It is your responsibility to protect your child from injury. Your child cannot understand danger or remember "no" while exploring.

### Poisoning:

Children are very curious, which can lead them to getting a hold of dangerous household detergents and other poisonous materials. If your child should ingest a poison, call the Universal Poison Control Number, 1-800-222-1222. In the case of convulsions, cessation of breathing, or unconsciousness, call 911.

The American Academy of Pediatrics no longer recommends that Syrup of Ipecac (a medication that induces vomiting) be kept at home as a possible home treatment strategy. Recent research has failed to show the benefit for children who were treated with Ipecac.

### High Blood Lead:

Children can be exposed to lead by living in older homes that have lead-based paints and /or by a family member's occupation or hobby. This lead exposure can be harmful. In our part of the country, the incidence of lead exposure is quite low.

### Falls:

To prevent serious falls, lock the doors to any dangerous area. Use gates on stairways & install operable window guards. Remove sharp-edged furniture from the room that your child plays & sleeps in. Children this age can climb. A chair left next to a kitchen counter is an invitation to climb & explore. Remember, your child does not understand what is dangerous.

### Firearm Hazards:

Children in homes where guns are present are in more danger of being shot by themselves, their friends, or family members than of being injured by an intruder. It is best to keep all guns out of the home. Handguns are especially dangerous. If you choose to keep a gun, keep it unloaded and in a locked place separate from the ammunition. Ask if the homes where your child visits or is cared for have guns and how they are stored.

### Drowning:

At this age children love to play in water. Never leave your child alone in or near a bathtub, pail of water, wadding or swimming pool, or any other water, even for a moment. Empty all buckets after each use. Keep bathroom doors shut. Your child can drown in less than 2 inches of water. Stay within an arm's length of your child around water.

If you have a swimming pool, fence it at 4 sides at least 4 feet high, and be sure that the gates are self-latching. Most children drown when they wander out of the house and fall into a pool that is not fenced off from their house.

### Burns:

The kitchen is a dangerous place for your child during meal preparation. Hot liquids, grease, & hot foods spilled on your child can cause serious burns. A safe place for your child while you are cooking, eating, or unable to give him your full attention is the playpen, high chair, or crib. Never carry your child and hot liquids or food at the same time.

Children will grab anything as they toddle about, including oven doors, wall heaters, or outdoor grills. Keep your child out of rooms where there are hot objects that may be touched or place a barrier around them.

If your child does get burned, immediately place cold water on the burned area. Then cover the burn with a bandage or clean cloth. Call your doctor for all burns. To protect your child from hot water burns reduce the temperature of your hot water heater to 120 F.

Children are at greatest risk in house fires. Test the batteries on your smoke alarm once a month. Change the batteries at least twice a year on dates that you'll remember such as Daylight Saving and Standard Time.



## Sun Exposure:

Avoid the sun during the hours of 10am to 4 pm. If outside, stay in the shade, use a hat to protect your child's face, and use sunscreen. Use broad spectrum SPF 30 or greater when your child is outside for more than a few minutes during the day. Apply sunscreen 15-30 minutes before sun exposure and reapply every hour. Sun exposure during childhood can cause skin cancer and premature aging of the skin later in life.

## Car Safety Recommendations

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We highly recommend following the recommendations provided by the American Academy of Pediatrics:

- **Infants and toddlers:** keep in a **rear-facing car safety seat** until they reach the highest weight or height allowed by the car safety seat manufacturer. It is important to keep your child rear-facing for as long as possible. This is a change from the previous recommendation and your child will be rear facing until at least age two.
- **Preschool and early school-age:** children who have **outgrown the rear-facing weight or height limit** for their car seat should **switch to a forward-facing car safety seat** with a harness. They should remain in this seat for as long as possible and until they reach the highest weight or height allowed by their car safety seat manufacturer.
- **School-age:** children who have outgrown the forward-facing car safety seat should use a **belt-positioning booster seat** until the lap and shoulder seat belt fits properly. The seat belt typically fits properly when they have reached 4 ft 9 inches in height and are between the ages of 8 and 12 years.
- **Older school-age:** when the seat belt alone fits properly, they should always use lap and shoulder seat belts for optimal protection.
- **All children less than 13 years:** must remain in the rear seats of vehicles no matter what. An airbag deployed in the front seat can seriously injure or kill children under the age of 13 years.
- **Winter season:** Do **not** restrain your child while he or she is wearing a thick winter jacket.
- **Important:** Have your child buckle up for **every** trip, no matter the length of time.

## Next Appointment

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Your baby's next appointment is at 15 months of age. Check out our website for additional resources regarding your child's health.