

PEDIATRIC ASSOCIATES OF ORLANDO, P.A.

TWELVE MONTH CHECK UP

DATE _____

WEIGHT _____ % HEIGHT _____ % HEAD CIRC _____ %

WELL VISIT IMMUNIZATION SCHEDULE

2 Month	4 Month	6 Month	9 Month	12 Month	15 Month	18 – 24 Months	5 Year	11+ Years
DTaP	DTaP	DTaP			DTaP	Vaccine Review	DTaP	Tdap (tetanus)
IPV	IPV		IPV				IPV	
Prevnar	Prevnar	Prevnar			Prevnar			
Comvax (Hepatitis B & Hib)	Hib	Hib			Hib			Gardasil (for girls)
		Hepatitis B		Hepatitis B	MMR		MMR	Menactra
RotaTeq (oral)	RotaTeq (oral)	RotaTeq (oral)		Chickenpox (Varivax)			Chickenpox (Varivax)	
				Hepatitis A		Hepatitis A		
		Flu (Seasonal)						Catch Up Vaccines

** Please verify your vaccinations with your physician at the time of your visit *

These preventative immunizations can cause your baby to have a fever >100.4, decreased appetite, act fussy or change in normal sleep pattern. The injection site may be red or slightly swollen, or form a knot. If this occurs gently put a cool cloth over the injection site. Please see accompanying vaccine information sheets. Give your baby Infant's Acetaminophen Suspension (80 mg/0.8 ml) or Children's Motrin (50 mg/1.25 ml) the following dosage:

Weight	Dose
6-11 lbs	½ dropperful
12-17 lbs	1 dropperful
18-24 lbs	1 ½ dropperful

You may repeat this dose every four hours for Tylenol, and every 6-8 hours for Motrin for fever/fussiness. Notify your physician if your baby has any adverse side effects such as fever greater than 104, seizure activity, or hives.

NUTRITION

You may replace formula with pasteurized whole milk and discontinue the bottle at this. Your child needs the extra fat provided in whole milk until 24 months of age for brain development. Reduce the amount of milk to 18-24 ounces. Introduce citrus fruits, eggs, fish and whole milk one at a time with 5-7 days in between. Avoid nuts, popcorn, raisins, whole grapes, hard candy, or hotdogs. Continue meals of solids (one fruit, two vegetables, and one meat per day), as well as one 4-6 oz bottle of juice. Your baby may begin to reject baby food and prefer finger and table foods about the size of your pinky nail. Avoid hard foods such as raw vegetables, apples, which can be a choking hazard at this age. Toward the end of the first year, your baby will stop growing so rapidly and the appetite will decrease. You may notice your baby will not drink as much milk, may not like vegetables, and may seem to develop many likes and dislikes. This period may last a few months or several years. Offer your child small servings of healthy food. Large servings tend to discourage a child. Introduce a new food along with a food the child likes. Limit snacks, and do not offer close to mealtime. Your child may not eat well if snacks are served close to mealtime. Do not put your child to bed with a bottle of milk, juice or other sweet liquids. This may lead to tooth decay and ear infections. Avoid sweets, soft drinks, candy and sugar coated cereals. If your child does not like certain foods, keep offering them occasionally. A child's taste for food changes frequently. Allow your toddler to experiment with food but do not force them to eat.

ANTICIPATORY GUIDANCE

Keep track of illnesses and injuries, including visits to other health facilities and the emergency room. Schedule next check up for fifteen months of age. Your child will again receive a complete physical exam, as well as immunizations. The Academy of Pediatrics recommends the Varivax (the chickenpox vaccine) anytime after 12 months of age if your child has not had chickenpox.

Schools and daycare facilities now require the chickenpox vaccine for entry. Check with your water company to see if fluoride is added in your tap water. If you have well water or bottled water you may need a fluoride supplement. Note changes in your toddler's eating, sleeping and social behaviors. Keep a regular bedtime routine and expect your toddler to sleep through the night. Choose caregivers carefully and limit the number of people providing care.

SAFETY

- A. Poison Control Center's phone number is 800-222-1222. Be sure to childproof your home with safety latches, and electrical outlet covers. Place all medicines and chemicals safely out of reach. Never leave small toys or objects out that your baby can choke on. Learn how to save the life of a choking child by taking a CPR course. Use safety gates, cabinet locks, and window guards. Avoid falls, install gates on stairways. Lower the crib mattress to the lowest setting.
- B. Be sure not to leave your baby unattended, your baby's growing mobility allows them to get into danger. Never leave infant unattended in bathtub. Take your infant with you if you must answer the telephone or door. Never leave alone near a bathtub, pail of water, swimming pool or any other water, even for a moment. Knowing how to swim doesn't make your baby water safe at this age.
- C. Watch your toddler closely, especially near pets, lawnmowers, driveways, parking lots and streets.
- D. At 7-12 months your child will grab at everything. Never leave cups of hot liquids on tables or counter edges. While cooking, keep child at a safe distance away from the stove in a high chair or playpen. To avoid burns, never carry hot liquids or food near your baby while you are holding them.
- E. To avoid injuries, your baby should be correctly placed in front facing car seat during every ride. Even if a baby starts to balk at this age, parents must consistent in letting him or her know that acting up is not acceptable behavior in the car. If your child weights at least 20 lbs, switch to a forward-facing five-point harness car seat. When an airbag is present, a baby must be placed in the back seat. To assure proper car seat installation and use call SAFE KIDS of Greater Orlando at 649-6849 or Orange County Sheriff's Office Occupant Protection Program at 836-4600.
- F. Limit time spent in the sun and use SPF 15 or higher sunscreen.

DEVELOPMENT

Look for your toddler to: Pull to stand and begin walking on to furniture, have frequent falls while mastering how to walk, be weaned completely off bottle by 12 months of age, release objects on command, understand simple commands, point to wants, clap hands, indicate wants in ways other than crying, use mama and dada correctly. Continue talking and naming objects for baby, read books daily, praise desired behavior, and ignore tantrums. Temper tantrums often occur when your child is frustrated, tired, or hungry. Try to redirect your child's attention prior to the onset of a tantrum, and keep a regular meal and sleep schedule as much as possible.

WHEN TO CALL YOUR PEDIATRIAN

Auxiliary temperature greater than 102 degrees (unless your child received immunizations within the last 2 days and is acting OK otherwise). Projectile vomiting, green (bilious) vomiting, seizure, excessive irritability or lethargy. Our telephone nurse is available during office hours for common pediatric questions. Life threatening emergencies, such as difficulty breathing, seizure, and bleeding, should be directed to the emergency room or 911.

Resources: www.aap.org or www.brightfutures.org