

WELL CHILD VISIT



7714 Conner Rd Ste 101
Powell, TN

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Twelve (12) Month

Congratulations on making it this far.

Child's Name: _____

DEVELOPMENT

Daily Activities

- Usually follows a definite daily pattern
- Opens cabinets, pulls tablecloths
- Usually examines an object before putting into mouth
- Likes to feed self

Motor Skills

- Usually walks with assistance; may walk without assistance
- Crawls rapidly
- Stands alone
- Seats self on floor

Language

- Expresses complete thought with single syllable
- Shows definite understanding of a few simple words
- Utters a few words (mama, dada, ball, dog)
- Loves rhythms and rhymes

Emotional and Behavioral

- Shows more negativism (may resist naps, refuse certain foods, throw occasional tantrums)
- Continues to prefer people to toys
- Has developed a deep attachment to a few familiar people
- Loves to make parents laugh
- Shows somewhat less stranger anxiety
- May give up something on request
- Displays a sense of humor

Today's measurements are:

WEIGHT	HEIGHT	HEAD CIR.
%	%	%

FEEDING

Now that your child is 1 year old, you may start using whole milk instead of formula or breast milk. Babies need whole milk (instead of low-fat or skim) until they are 2 years old. Some babies have harder bowel movements at first with whole milk. Now is also the time to wean completely off the bottle and switch to the cup.

Table foods are best now. Baby food is usually not needed anymore. No junk food! Most babies have 1 to 2 snacks each day. Cheese, fruit, and vegetables are all good snacks. Serve milk at all meals.

Babies do not grow as fast during the second year of life. Your baby may not eat as much as he used to. Trust your baby's appetite.

Your child will receive the
Vaivax and Prevnar vaccinations today.



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ADDITIONAL INSTRUCTIONS:

SAFETY TIPS

Avoid Choking and Suffocation

Avoid foods on which a child might choke easily (candy, hot dogs, popcorn, peanuts)

Cut food into small pieces, about half the width of a pencil

Store toys in a chest without a dropping lid

Practice a fire escape plan

Check your smoke detector. Replace the batteries if necessary

Put plastic covers in unused electrical outlets

Keep hot appliances and cords out of reach

Keep all electrical appliances out of the bathroom

Don't cook with your child at your feet

Use the back burners on the stove with the pan handles out of reach

Turn you water heater down to 120 degrees F (50 degrees C)

Never leave an infant or toddler in a bathtub alone

Continuously watch your child around any water, including toilets and buckets. Keep toilet seats down and store buckets upside down.

Make sure windows are closed or have screens that cannot be pushed out

Don't underestimate your child's ability to climb

Keep all medicines, vitamins, cleaning supplies, and gardening chemicals locked away or disposed of safely

Install safety latches on cabinets

Place the Poison Control number close to phone **(1-800-222-1222)**

VACCINES

Please take a few minutes to read the vaccine information sheets. They cover many common questions regarding the immunizations your child will receive today.

One of the most common questions regarding vaccines is fever. There is a small risk of fever with the immunizations. Accordingly, we recommend tylenol.

Today's tylenol infant drops dose for your child is _____ ml.

NO WORRIES

Each child is unique. It is therefore difficult to describe exactly what should be expected at each stage of a child's development. While certain behaviors and physical milestones tend to occur at certain ages, a wide spectrum of growth and behavior for each age is normal. These guidelines are offered as a way of showing a general progression through the developmental stages rather than as fixed requirements for normal development at specific ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. Keep this in mind as you review these milestones.

YOUR NEXT VISIT

You should return in three months. At that time your child will receive the MMR and Hib immunization. Call us with any problems. Remember to write down your questions and bring them with you for the next visit. Good luck.