

# PHOENIX PEDIATRICS LTD

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## Well Child Check (WCC) – Twelve (12) Month Visit

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_

### Nutrition

Now that your child is 1 year old, start using whole milk instead of formula or breast milk. Toddlers need whole milk (instead of low-fat or skim) until they are 2 years old. Some children have harder bowel movements at first with whole milk. If this occurs, add more water or juice to your child's diet. Now is also the time to wean completely off the bottle and switch to the cup. No bottles should be given by age 15 months. The longer you wait to wean the bottle, the harder it is for your child to give it up.

Table foods are best now. Baby food is usually not needed any more. It is important for your toddler to be eating foods from many food groups (fruits, vegetables, grains, and dairy products). Most babies have 1 to 2 snacks each day. Cheese, fruit and vegetables are all good snacks. Serve milk at all meals. No more than 24 ounces a day of milk is needed.

Your child will not grow as fast during the second year of life. Your toddler may eat less. Trust his appetite. He will not starve himself.

### Teeth

Remember to keep brushing teeth with a small amount of toothpaste on a tooth brush.

### Development

All children are different. Some have learned to walk before their first birthday. Most 1 year olds use and know the meaning of words like "mama" and "dada". Pointing to things and saying the word helps them learn more words. Allow your child to touch things while you name them. Be sure to smile and praise your child when he learns new things. Children enjoy knowing that you are pleased that they are learning.

As children learn to walk they will want to explore new places this is normal. Watch your child closely.

Read to your child every day. Children that have books read to them learn more quickly. Choose books with interesting pictures and colors.

Your child is just starting to follow rules like "don't hit", "don't throw toys" and "no playing with outlets". Praise your child for behaving well. As he become more independent, he may not respond so readily to your command of "no-no". He is beginning to know what he wants, and goes after it. His temper is quickly aroused and loudly expressed, though it may be short-lived. Many parents fall into the trap of constantly say "NO". Children are easily distracted and this is your best method of discipline at this age. Make sure all caretakers know the rules and follow them.

### Safety

- If your child is over 20 pounds, you may turn your car seat to the forward facing position.
- The middle of the back seat is still the safest place in your car for the car seat.
- Once the car seat is in place, it should move no more than one inch in any direction.
- Now is the time for you to be sure that all poisonous substances are out of his reach, including medicines and household cleaners.

### Immunizations

At the 12 month visit, your child may receive shots. Your child may run a fever and be irritable for about 1 day and may also have soreness, redness, and swelling in the area where the shots were given. For swelling or soreness, put a wet warm washcloth on the area of the shots as often and as long as needed for comfort. If redness increases or fever occurs, call us for an appointment. Offer \_\_\_\_\_mg acetaminophen (Tylenol) every 4 to 6 hours as needed for pain and/or fever.

### Call us if:

- Your child has a rash or any reaction to the shots other than fever and mild irritability
- Your child has a fever that lasts more than 36 hours

If your child received either the measles-mumps-rubella (MMR) or the varicella vaccine, please note: A small number of children get a rash and fever 7 to 14 days after these shots. The rashes usually appear on main body areas and last 2 to 3 days.

Call us immediately if:

- The rash changes to purple spots.

Call us within 24 hours if:

- The rash become itchy
- The rash lasts more than three (3) days.

### Next visit

Your child's next visit should be at the age of 15 months. Bring your child's short record to all visits.