



Well Child Visit
12 Months

General Pediatrics Department
U.S. Naval Hospital, Okinawa

Date: _____ Weight: _____ Length: _____

Feedings

Diet suggestion (just a suggestion; your child is not expected to eat all of these everyday):

| | |
|---------------------------|--|
| Whole milk or breast milk | 16-24 oz/day. Avoid 2% or skim milk until after 2y/o because the "fat" is needed for brain development if offering cheese, yogurt, cottage cheese, include in total milk intake. |
| Breads and cereals | 4 servings/day. Serving size: ½ slice or ¼ to 1/3 cup cereal, noodles, or rice. |
| Meats | 2 servings/day. Serving size is approximately 2 Tbsp. or 1 oz. Ground or chopped meat in small, bite size pieces. |
| Fruits and Vegetables | 2 servings of each/day. Serving size is ½ a small fruit, ¼ cup fruit, or 4 oz frozen or canned natural fruit juice, ¼ cup vegetable. |

1. Offer a CUP of milk at each meal. If still using a bottle, set a goal to wean off in the next month.
2. Your child can eat most of the same foods as you, with a few exceptions: Avoid very spicy or deep-fried foods. To prevent choking, avoid nuts, fruits with seeds, round fruits like grapes, raisins, corn, raw carrots, popcorn, hard candy, gum, hotdogs.
3. Have your child sit in a high chair while eating and do not allow walking around, running or excitement during mealtime.
4. Encourage your child to feed him/herself with fingers and with a spoon. Mealtimes WILL be messy, expect accidents and have patience.
5. Your child's appetite may decrease at this age, and vary from day to day. This is normal because the rate of growth is slower now. Your child may be picky and refuse certain foods. Keep servings small and try the refused foods again at a later time. Don't make mealtimes a battle.
6. Avoid empty calories such as puddings, desserts, soft drinks, and more than 8 oz of juice/day.

Sleep

1. Try to establish a regular bedtime routine. Have quiet time leading to bedtime. Be firm when it comes time for bed.
2. If at all possible, your baby needs his/her own bed and bedroom.
3. If your child awakens and cries, check for safety and comfort, but keep him/her in his/her own bed. Keep interaction to the minimum.
4. Remember, NO bottles in bed, and if your baby's still on the bottle, wean to a cup

Dental

1. Be sure to brush your child's teeth twice a day with a soft toothbrush. A thin smear of toothpaste over the brush can be used, but is not yet necessary.
2. Continue fluoride supplements through 16 years old. It can be given in the form of liquid drops taken once a day.
3. To prevent cavities, avoid frequent snacking or sugary drinks.

Safety

1. **Falls and injuries:** Use gates at the top and bottom of stairways. Children may be able to open latches. Use guards on windows. Avoid lifting and swinging your child by the arms; this can dislocate the elbows. A fenced yard is necessary for play outside. Keep sharp objects (knives, scissors, and tools) in a secure place. Remember, keep a constant close eye on your child.
2. **Car Accidents:** Your child may not want to sit in the car seat, but for safety, always use it. He/she will learn to accept it with constant use. The car seat can face forward if your child weights 20lbs. The center of the back seat is still the safest place. Set a good example and always wear your seat belt. Never leave your child alone in the car.
3. **Burns:** When cooking, place your child in the playpen, high chair, or crib. Never leave cups of hot liquids or food on table/counter edges. Turn handles of pots/skillets away from the edge of the stove. Don't leave a hot iron accessible with a dangling cord. Your water heater should not heat water above 120°F (49°C). Use your smoke alarm and check it monthly. Use guard in front of wall heaters, stoves or fireplaces.
4. **Sun:** Protect your baby from damaging rays of the sun. Keep your child in the shade as much as possible. Keep your child covered with hats and coverings. Use sunscreen (SPF 15 or greater) sparingly, avoiding hands.

5. **Smoke:** Second-hand smoke causes a greater risk for ear infections, chronic stuffy noses, and respiratory infections. Second-hand smoke lingers, on clothes and everywhere a person has smoked (in the house/car). Never smoke while holding your baby. For your baby's health, if you smoke, consider quitting.
6. **Drowning:** Never leave your child alone near water: bathtub, toilet, buckets, pools. If you have a pool, make sure there's a fence around it. Keep the toilet lid down. Learn CPR.
7. **Poisoning and choking:** Avoid toys with sharp edges or removable small parts. Avoid small hard foods like peanuts, popcorn, carrot sticks, whole grapes, and hotdogs. Keep blow-up balloons, coins, plastic bags, small objects, household cleaners, and medicines locked and out of reach. Remember that your child will place everything into his/her mouth. Keep window blinds and curtain cords out of reach; these can strangle babies.

Parent Tips

1. Set reasonable limits for safety and to help your child learn what is expected of him/her. Use verbal "No's." You must be consistent, i.e. "no" means "no" for the same thing all day, everyday. A child's caregivers should discuss and agree on what is acceptable and unacceptable behavior. Anticipate problems e.g. put valuable or breakable articles out of reach instead of having to say "no" all the time.
2. If your child breaks a rule, remove him/her from the problem area and encourage a different activity. Avoid slapping hands or spanking; your child will find these actions hard to understand at this age. Remember that children will imitate you, if parents show loss of control by hitting or yelling the child may learn to have these same responses.
3. Praise good behavior: Say things like, "I like it when you help me pick up your toys."
4. Babies want to show independence, but need a safe place to explore and need to be watched constantly.
5. Appropriate toys include stacking blocks, push-pull toys, and balls. Encourage speech development by naming and pointing out body parts and common objects.
6. Remember to take time for yourself.

Over the next few weeks, you can expect your child to:

- Walk alone and probably fall frequently
- Climb and get into everything
- Say 3-4 words, including "mama" and "dada" correctly, and try to say words he/she hears
- Pick up small objects with index finger and thumb

Immunizations:

1. Your child will receive the following immunizations: MMR, Varicella (chicken pox), Comvax (Hib and Hep B) and Prevnar. Your child will also receive a test for tuberculosis (PPD) which requires a return visit in 48-72 hours to check results.
2. You may give Tylenol drops for fever or fussiness up to every 4 hours as needed. You may also apply warm towels to the injection site to soothe pain and redness. Call your pediatrician if there are any problems out of the ordinary.

Blood Tests

Your provider will inform you if a screening test for anemia (low blood count) or a test for lead poisoning is necessary.

Important phone numbers

1. USNH Pediatric Department 643-7304/7308. Hours: Mon, Tue, Wed, Fri 0730-1900. Thu 0730-1200. Closed Thursday Afternoons for Staff Education and Training. Sat/Holidays 0800-1200.
2. USNH Emergency Room and Poison Control Center 643-7700.
3. Smoking cessation: 643-7809
4. Health Care Information Line (HCIL) 99-00531-11-4621

Next Visit

Bring your baby in at 15 months of age for an exam and the vaccinations. Always bring your yellow shot card to the clinic. Schedule your appointment 3-6 weeks in advance. Arrive 15 minutes before your appointment for check-in.