

happy birthday



TODAY'S DATE _____

WEIGHT _____ lbs _____ oz (_____ percentile)

HEIGHT _____ in (_____ percentile)

HEAD CIRCUMFERENCE _____ cm (_____ percentile)

DEVELOPMENT

All babies develop at their own rate. At this age, you may notice that your baby:

- Says one or more meaningful words or sounds
- Points to objects that he wants
- Follows simple directions
- Picks up small objects with his thumb and finger
- Stacks objects on top of one another
- Looks for objects hidden from view
- Takes steps while holding on to furniture or takes steps alone with legs wide apart

PROMOTING DEVELOPMENT

What you can do to promote healthy development:

- Read to your child every day. Children at this age like board books with large pictures.
- Avoid baby talk with your child. Speak to him like you speak to other adults and expect that he will understand you.
- Your child is trying to do more on his own, which can be hard for you. Let your child struggle a bit to do tasks on his own, but be sure to keep your child safe.
- Do not forget about your child's dental health. Brush his teeth with toothpaste twice a day. Use a rice-sized amount of fluoride paste.
- Give simple reasons for no, such as, "it is hot".

IMMUNIZATIONS

AAP recommended vaccines for today's visit:

- Hepatitis A
- Pneumococcal Conjugate
- Varicella (chickenpox)
- MMR (measles, mumps and rubella)
- TB Questionnaire and Lead Questionnaire

If needed, you can give your baby acetaminophen (Tylenol) after his vaccines. Please reference our office's dosing sheet.

NUTRITION

You can now replace formula with whole fat cow's milk – 12 to 16 ounces a day is the maximum recommended. Encourage your child to drink from a cup instead of a bottle. Excessive dairy intake can lead to anemia and constipation. Your child's primary beverage should be water.

Let your child eat more finger foods such as fresh fruit and vegetables or whole grain breads. Most children can now have honey, eggs, fish and shellfish. Let them practice with a spoon.

This is a common time for food struggles to arise. It is your job to give your child healthy foods, and it is your child's job to decide how much to eat. The amount of food your child eats can vary from day-to-day. Do not force your child to clean his plate. It is normal for weight gain to slow this year so your child may eat less than before. Trust that your child knows when he is hungry and full.

REMEMBER, YOU ARE NOT A SHORT-ORDER COOK



happy birthday

...and many more to come



SLEEP



By now your child should be sleeping through the night and taking one or two naps during the day. He should not feed at night, and you should have a regular bedtime routine. It is common for travel or illness to change your routine, but children who are used to a set routine often return back to their normal patterns quickly.



DISCIPLINE



Your child is exploring the world and curious about everything. Make it easy for him to be good - make sure some areas of your home are safe for your child to explore freely. Remove dangerous objects and let him roam. Keep setting the same limits. Smile and praise your child when he does something well. When your child does something he should not do, such as stand on a chair, teach your child the right way to act and say, "Chairs are for sitting," while helping him sit down in the chair.



YOUR NEXT VISIT



Between now and your next visit, you can expect your child to:

- Walk steadily and may even walk backwards
- Say three to six words other than "mama" or "dada"
- Hold a cup well and begin to use a spoon
- Begin to hug others
- Scribble and put blocks in a cup



SAFETY



Please keep the following safety guidelines in mind:

- Children must stay in a rear-facing car seat until a minimum of 1 year AND 20 pounds, but preferably until the age of 2.
- Be sure to watch your child closely when visiting friends and family who have not baby-proofed their homes.

IF YOU HAVE GUNS IN YOUR HOME, KEEP THEM UNLOADED, AND LOCKED IN A GUN SAFE. STORE AMMO SEPARATE FROM YOUR GUNS.



FAMILY



Spend time together as a family - a picnic in the backyard or a trip to the zoo can be a lot of fun. Your child does not need expensive enrichment classes; just time with you.

Talk with your pediatrician if you will be traveling to another country at least 6 to 8 weeks prior to leaving.

Your next visit will be:

Age 15 months



**SOUTHWEST
CHILDREN'S
CENTER**