

The Pediatric Center

Boulder, CO
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Name: _____

Date: _____

TODAY'S MEASUREMENTS/LAB RESULTS

Head Circumference

_____ Inches (_____ percentile)

Height

_____ inches (_____ percentile)

Weight

_____ pounds _____ ounces (_____ percentile)

Hemoglobin _____

Normal range: 11.0 to 14.0 g/dL

Lead: _____

Normal range: Less than 3.3 ug/dL

IMMUNIZATIONS

Your child may receive:

Chickenpox (varicella)

Hepatitis A

HIB (Haemophilus influenzae)

MMR (measles, mumps and rubella)

Pneumococcal conjugate

Influenza

Covid

Possible vaccine side effects are rare but may include:

- Fever
- Irritability or fussiness
- Redness or swelling at the site of the shot
- Rash

There is a slight risk of fever or rash 7 to 12 days after your child is vaccinated with MMR and Varicella. This is not concerning.

If needed you can give acetaminophen (Tylenol). Contact us if your child's symptoms are severe or last longer than 48 hours.

Next Visit: Fifteen months of age

12 MONTH VISIT

FOCUS ON FAMILY

- Postpartum depression can happen at any time during the first year. If a parent feels sad, anxious or depressed, they should seek help and talk with their doctor. You can find more information online at www.postpartum.net
- 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 pricey classes, just time with you.
- Think about going on a family vacation. Talk with your doctor if you will be going to another country.

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
- Copies sounds
- Points to objects that he or she wants
- Follows simple directions
- Picks up small objects precisely with thumb and forefinger
- Places objects inside each other
- Looks for objects hidden from view
- Takes steps while holding on to furniture or takes steps alone with legs wide apart

PROMOTING 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 or her like you speak to other adults and expect that he or she will understand you.
- Your child is trying to do more on his or her own, which can be hard for you. Let your child struggle a bit to do tasks on his or her own but be sure to keep your child safe.
- Do not forget about your child's dental health. Brush his or her teeth twice a day with a soft toothbrush. Use a smear of fluoride toothpaste (no more than a grain of rice). Schedule their first dental visit.

NUTRITION

- Keep breast-feeding for as long as you and your child want.
- You can now replace formula with whole cow's milk—16 to 24 ounces a day is enough.
- Have your child drink from a cup instead of a bottle when possible. The goal is to wean from the bottle by 15 months of age.
- Babies do not need juice. If you choose to give juice to your child, limit the amount to no more than four ounces a day and dilute it with warm water.
- Have your child use a spoon and feed himself or herself—even if it is messy.
- Let your child eat more finger foods such as cut fresh fruit, cooked vegetables and meat or tofu, Cheerios, pieces of whole grain bread or infant crackers. Do not give your child foods that he or she can choke on such as nuts, whole grapes, raisins, popcorn, hard candy or hot dogs cut into round pieces.
- If your child has food allergies, talk with your doctor.
- Keep giving your child vitamin D as your doctor suggests.
- 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 or her 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 or she is hungry and full. Do not let your child watch TV during mealtimes.

SAFETY

- If you haven't yet changed to a convertible car seat, you may do so now. Make sure your child's car safety seat is rear facing until he or she reaches the highest weight or height allowed by the car safety seat's manufacturer. In most cases, this will be well past the second birthday.
- Keep following safety guidelines when your child is close to water, near stairs or on high surfaces. Kids can climb onto counters and tables at this age; some will climb out of their crib.
- Be sure to watch your child closely when visiting friends and family who have not baby-proofed their home.
- Make sure that your child's toys do not have sharp edges and can't be broken. The toys should be at least one and a half inches wide—your child could choke on them if they are smaller than that. Keep balloons and plastic bags away from him or her because they are dangerous and can suffocate your child.
- Keep the crib mattress at the lowest setting.
- Don't have your child in the sun often or for long periods of time. When outdoors put a hat on your child and apply mineral sunscreen with at least SPF 30.
- Make sure that the smoke and carbon monoxide detectors in your home are working.
- If you have guns in your home, keep them unloaded, locked in a gun safe and stored away from ammunition.
- If you are worried about violence in your home, please speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (1-800-799-7233) or www.ndvh.org
- Post the Poison Control Hotline on your refrigerator and in your phone contacts: 1-800-222-1222

SLEEP

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

DISCIPLINE

Your child is exploring the world and is curious about everything. Make it easy for him or her to be good—make sure some parts of your home are safe for your child to explore freely. Remove dangerous objects and let him or her roam. Keep setting the same limits, and say “No” when your child does something dangerous or hostile. However, if you use “No” all day long it will lose its meaning. Smile and praise your child when he or she does something well. When your child does something he or she should not do, such as standing on a chair, teach your child the right way to act—say “Chairs are for sitting” while helping him or her to sit down.