



Cornerstone Pediatrics

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## 12 Month Well Child

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

Weight: \_\_\_\_\_ *lbs* \_\_\_\_\_ *oz* Length: \_\_\_\_\_ *in* Head Circumference: \_\_\_\_\_ *cm*

Age: \_\_\_\_\_ Next Scheduled Appointment: \_\_\_\_\_

### General Nutrition:

- Breastfeeding should continue for as long as mother and baby are enjoying this relationship.
- If giving milk, change from formula to whole cow's milk, 16-24 ounces a day is plenty. Avoid 2% or skim milk until 2 years of age because fat is needed for brain development. Offering of cheese, yogurt, and cottage cheese can be included in total milk intake.
- Try to limit and wean from bottle.
- No bottle in bed.
- Encourage cup.
- Limit juices to 4 ounces a day or fewer.
- Appetite decreases the second year, child becomes more "picky". Offer your child a variety of healthy choices. Let child feed him or herself. Don't worry about table manners. Don't make mealtimes a battle.
- Continue fluoride supplement if drinking water is not fluoridated.
- Encourage child to sit in high chair while eating and do not allow walking around, running or excitement during mealtime.
- Encourage your child to feed him/herself with fingers and spoon. Mealtimes will be messy, expect accidents and have patience.

### Solids:

- Breads and cereal – 4 servings/day. Serving size ½ slice or ¼ to 1/3 cup cereal, noodles or rice.
- Meats- 2 servings/day. Serving size approximately 2 Tbsp. or 1 ounce.
- Fruits and vegetables – 2 servings of each/day. Serving size is ½ a small fruit, ¼ cup fruit, 4 ounces frozen or canned natural fruit juice or ¼ cup vegetables.
- Avoid empty calories such as pudding, desserts, soft drinks and more than 4 ounces of juice/day.

### Weight:

- Your baby should continue to gain ½ ounce a day or about 1 pound a month until 12 months. Birth weight should double between 4 to 6 months and triple by one year.

### Length:

- Your baby's length will increase 9-11 inches in the first 12 months.
- Length increases by about ½ inch a month until 12 months.

### Head Circumference:

- Head circumference will increase ½ cm a month from 6 to 12 months.

**Sleep:**

- Establish a predictable and pleasant bedtime ritual. Once put to bed, your child should stay in bed. Be firm when it comes time for bed.
- If your child awakens or cries, check for safety and comfort, but keep him/her in his/her own bed. Keep interaction to the minimum.
- Remember no bottles in bed!

**Bowel Movements (Stools):**

- Consistency and color of stool will change and vary as new solid foods are introduced.
- Babies may show dramatic facial expressions, pass gas, strain and draw their legs up when passing stools. This is normal as long as the stools are soft and there is no pain. However, if your child passes small, hard, dry pellets, this might be true constipation.
- More important than the number of stools is your baby's eagerness to eat, comfort, ability to be consoled and proper weight gain.
- If you notice your baby has not had a stool in 3 to 4 days, you can try to give 2-4 ounces of pear or apple juice mixed 1:1 with water once a day.

**Crying:**

- Crying periods are less frequent now, when occur they are commonly from a minor problem that is easily resolved. This chronic "good mood" will persist for the next six months or so. Enjoy!
- Many children have fussy periods in the late evening especially if no regular nap schedule is established.

**Development:**

**Gross Motor:** Cruises around furniture and may take steps on his or her own with legs wide apart. Some but not all children will be walking independently at this age.

**Fine Motor:** Points at objects. Places one object or toy inside another.

**Speech And Language:** May say one or more meaningful words or sounds. Encourage speech. Name common objects and pictures to your child. Talk constantly to child, but allow baby to respond. Read to your baby often.

**Social:** Enjoys social games "so big", "Peek-a-boo" and waving. May play simple games of ball. Loves an audience and applause.

**Discipline:**

- You need to set limits because your baby cannot control him/herself at this age.
- As child becomes more mobile, he or she will find more opportunities to get into areas that are unsafe or otherwise "off limits." Begin to set limits when necessary by saying "no" firmly and explaining in simple terms such as "hot" or "might break". Try not to say the word "no" all day long. Try to save that word for things that are potentially unsafe or hurtful to others. Restructure the environment so the child can explore safely.
- When removing your child from the source of danger, try to offer an alternative.
- Distract and remove objects from sight when capable. Try to make some part of the home safe that the baby can explore more freely. When possible, install gates to keep the baby out of the areas that are not child-proofed.
- Don't spank, yell or slap your child's hands. Your child will find your behavior hard to understand at this age. Remember that children will imitate you at this age, if parents show loss of control by hitting or yelling the child may learn to have these same responses.
- Consistent discipline is important. Remember the word discipline means teaching it does not mean punishment. The key to discipline is not punishment but reward. Smile and praise your child when doing something right.

## Temper Tantrums:

- Tantrums occur when a child is becoming more independent and exerting more control. An occasional temper tantrum is a sign of normal development. Some parents find ignoring the tantrum works best; others remove the child from the situation and place them alone in his/her room or in a corner for a short time. Yelling, spanking and throwing a tantrum yourself does not help.

## Safety:

- **Crying and shaking**- Never shake your child. Shaking can badly damage your child's brain. Put your child in a safe place, like the crib or playpen and give yourself a time-out.
- **Choking** – Keep plastic bags, buttons, powder, baby cleaners and other small objects out of your child's crib and out of reach. Inspect all toys and throw away any which are small enough to choke on, are worn, have sharp edges, breakable or removable edges. Plastic bags, wrappers or balloons can cause suffocation. Toys should be at least 1.5 inches in diameter. Avoid small hard foods such as popcorn, peanuts, celery, apple, grapes, tough meats, sausage, hard candy, hotdogs and carrot sticks.
- **Ingestions** – Keep Poison Control Number by your telephone (800) 222-1222. Call Poison Control first with ingestions. Have Ipecac on hand to induce vomiting *only* when advised to by Poison Control or health care provider. It is not always appropriate to induce vomiting after ingestions of certain poisons. Make sure to check expiration on Ipecac and replace when necessary.
- **Burns** – Always check your child's bath water temperature with your hand before placing your child in it. Your water heater should not heat water above 120° F or 49° C. Use your smoke alarms and check it monthly. Protect your child from damaging rays of sun. Keep your baby out of the sun completely, use shade, a brimmed hat and protective clothing. Use sunscreen (SPF 15 or greater) sparingly, avoiding hands. When cooking, turn handles of pots/skillet away from edge of the stove.
- **Falls or injuries** – Never leave your child unattended on an elevated surface or in the bathtub. Place car seat or infant seat low to the ground and always have your infant buckled. Most bumps and falls do not require medical attention. If swelling develops, use ice or cold compress. Seek medical attention if your child becomes unconscious, vomits more than 3 times or is excessively tired or irritable. Avoid lifting or swinging your child by the arms. This can dislocate the elbows. Place washcloths or non-slip barrier on the bottom of the bathtub or sink to keep your baby from slipping. Avoid hanging toys or pacifiers with elastic, string or ribbon because they can strangle your child. If using a string to attach your child's pacifier to their clothes, make sure the string is less than 3 inches. Place a gate at the top and bottom of any stairs in your home. However, your child may be able to open latches. Use guards on windows. Keep sharp knives or scissors in a secure place.
- **Shoes**- Primarily to protect against cold and sharp objects. Flexible, light-weight shoes are best. Barefoot is better for learning to walk.
- **Crib Safety**- Always keep the crib rails up when your child is in the crib. The bars should be no more than 2 3/8 inches apart or the width of a regular soda can. Keep the crib away from windows and curtain cords. Remove mobiles when your child can sit up. Lower the mattress as your baby grows.
- **Car Seat/Car accidents**- Your child should always ride in an approved properly installed infant car seat even on short trips. The car seat can be turned around facing the front at one year if your child weighs 20 pounds. The safest place is in the center of the second or back seat. Do not place the car seat in the front of the vehicle. Never leave your baby alone in the car.
- **Smoke** – Second hand smoke can cause a greater risk of ear infections, chronic stuffy nose and respiratory infection. Second hand smoke lingers on clothes and everywhere the person has smoked such as the car or house. Falling ashes can burn your child. Never smoke while holding your child. For your child's health if you smoke consider quitting.

- **Child-proof your house:** Do a search of your home on your hands and knees looking for potential hazards to your child. Place safety covers on all unused electrical outlets. Put cords, plastic bags, small objects, household cleaners and household plants out of reach. Remember your child places everything in his or her mouth. Remove coffee tables with sharp edges or use corner bumpers. Use safety devices on cabinets and inspect the top of low tables for small objects.
- **Water Safety-** Pools, hot tubs, bathtubs, toilets, buckets and dog bowls even with only two inches of water can be dangerous.
- **Gun Safety** – Store guns unloaded and locked up out of reach with ammunition away from firearms. Make sure others, you and your family do the same.
- **Avoid infant walkers:** The American Academy of Pediatrics advises against these as they are a known safety hazard and can possibly lead to delays in motor development. Let your baby wiggle and learn to crawl and explore. The use of play saucers, though, is safe and entertaining.
- **Lead Exposure** – If you live in a home built before 1950 or a recently remodeled home originally built before 1978, your child should be tested for levels of lead in the blood.
- Make sure an adult is always with your baby when around young siblings or pets.
- Consider taking an infant CPR class through your local hospital or Red Cross.

### **Teething:**

- It is normal for babies to drool even before teething starts. Teething may cause low-grade fevers, looser stools and fussiness. It does not cause high fever or diarrhea. Tips- offer refrigerated teething rings, washcloths or Tylenol for comfort.
- Clean your child's teeth with a soft brush or cloth daily. Offer cup of water to help rinse off teeth during the day.

### **Dental:**

- 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.
- Continue fluoride supplements through 16 years of age. It can be given in the form of liquid drops taken once a day.
- To prevent cavities, avoid frequent snacking or sugary drinks.

### **Immunizations:**

- Varicella – Chicken Pox
- Hepatitis A #1
- MMR – Measles, Mumps, Rubella

### **Lab tests:**

- CBC to check for anemia
- Lead level

### **Fever:**

- A fever is considered a rectal temperature greater than 100.5° F.
- Take your child's temperature under the arm. If elevated do a rectal temperature for confirmation.
- To take a rectal temperature:
  - Put a small amount of Vaseline™ on the end of the thermometer.
  - Lay your child on his stomach, with one hand on his bottom and your arm resting lightly on his back to keep him from rolling. Holding the thermometer in the other hand, gently insert the bulb (the silver part) into your child's rectum. You only need to insert it far enough to cover the bulb.
  - After it stops, remove the thermometer and read the temperature.
  - Make sure you clean the thermometer well after each use.

- If your child has an elevated temperature first try to undress your child leaving only the diaper and recheck in ten minutes. If remains elevated you need to give us a call for additional guidance.

**Colds:**

- Children often sneeze, but this is not necessarily a sign of a cold. However, if your child sounds congested, coughs and has some nasal drainage, a cold may have developed. Most colds are mild and don't interfere with normal feedings and sleep.
- Comfort measures include: elevate the head of crib by adjusting crib (do not place pillow in crib to elevate); run cool-mist vaporizer and perform nasal toilet using bulb syringe aspirator.
  - *Nasal toilet*- Add 2-3 saline drops in each nostril prior to suctioning. Saline drops will help to loosen the mucus assisting with clearing secretions out of the nose. Saline drops can be bought over-the-counter or can be made by adding 1 teaspoon of salt to one cup of room temperature water.
- Avoid using decongestants.

**Skin Care:**

- Occasionally, a child will have some dry skin. This can be treated with an emollient (cream or ointment that keeps the skin moisturized) such as Eucerin™ or Aquaphor™.

**Call the office if your baby:**

- Has a rectal temperature over 102.0° F especially without any explanation or associated cold symptoms
- Coughing frequently
- Vomiting persistently or excessively
- Falls, hits his/her head and passes out, vomits or behaves unusually
- Refusing to eat
- Does not look well or is unusually sleepy or inconsolable
- If you have any questions

**Important Phone Numbers:**

- Cornerstone Pediatrics (817) 596-3531  
Cornerstone Pediatrics after hours (817) 596-3531 dial zero for an operator
- Medical City of Weatherford's Emergency Department (682) 582-1000
- Cook Children's Emergency Department (682) 885-4093
- Integra Urgent Care (817) 596-4313
- Tri Cities Urgent Care (817) 984-7120
- Oakridge Urgent Care (817) 599-5518
- Smoking Cessation (877) 937-7848
- Poison Control (800) 222-1222

**Next Visit:**

- 15 Month Well Child Check
- Schedule your appointment 3-6 weeks in advance.
- Arrive 15 minutes before your appointment to update chart.
- Remember to bring your shot record with you for the exam. The immunizations your child will receive at the 15 month visit will include:
  - HIB- Haemophilus influenza type B
  - PCV- Pneumococcal

**Suggested Reading for Parents:**

- Your Baby and Child: From Birth to Age Five, Penelope Leach.
- Child of Mine: Feeding With Love and Good Sense, Ellyn Satter.
- Oneness and Separateness: From Infant to Individual, Louise Kaplan, PhD.

- Baby Proofing Basics, Vicki Lansky.
- The Sleep Book for Tired Parents, Rebecca Huntley.
- Caring for Your Baby and Young Child: Birth to Age Five, American Academy of Pediatrics, Stephen Shelov, M.D.

**If you have any concerns about your baby's health, please call. This handout is meant to be a guideline, not a substitute for the care of a competent health care provider. Please do not give medicines without talking to your doctor first. We are happy to help you in any way we can. Immunization Schedule is subject to change based on the recommendations of the Committee on Infectious Diseases.**

# Healthy Eating

Healthy nutrition is important to a child's growth and general well-being. Eating Habits that are learned in childhood will continue into adulthood. Children do not naturally prefer to eat the most nutritious foods, so guidance from parents is essential. This will mean being a good example, establishing some eating guidelines and teaching your child which foods are the healthiest.

- You decide what, when, and where to eat.
- Your child decides how much to eat.

## Your Responsibilities

### ***You select the right foods.***

You decide what food goes on the table. Although you will pay some attention to what your children like, don't be enslaved by their food preferences. Prepare one meal for everybody and serve a good variety. Don't short-order cook for your children. You know more about food and proper eating than your children do. They need to learn from you. It's a mistake to limit the family menu to those foods your children will easily accept.

### ***You decide the proper time for meals and snacks.***

Provide three regular meals a day and offer planned snacks between meals. Snacks allow children to come to their regular meals hungry, but not starving. Their stomachs are small and their energy needs are high. Most children need nutritious boost between meals. Don't give your children food anytime they ask for it. You must remain in charge of the menu and the timing of meals and snacks. If children fill up on unlimited snacks, juices or milk, they will not be hungry at mealtime and will not feel the urge to eat the variety of foods you serve. A useful guideline is to limit sweet drinks (juices, Kool-Aid, etc.) to 4-6 ounces per day for toddlers and preschoolers; encourage water drinking as an alternative.

### ***You decide where your children should eat.***

Children should eat only at the table and not in living areas, bedrooms, or in front of the TV. By eating at the table, children learn to take eating more seriously, and parents are less tempted to give food handouts to pacify hurt feelings and general crankiness.

### ***You provide a pleasant mealtime setting.***

Eat together as a family whenever possible. Studies show children eat best if someone they trust eats with them. That grownup should be pleasant and not nag them about their eating. Maintain general order at the table and keep thrilling distractions or riotous laughter to a minimum. Children can forget to eat or even choke. Turn the television off and stimulate pleasant discussion of the day's events. Avoid negative or scolding talk with your child during the meal.

## **Your Children's Responsibilities**

### ***Children can learn to eat a variety of foods.***

Offer a variety of foods regularly. Though children may reject certain foods initially, continue to serve them at future meals since their tastes will change. Avoid serving the same "favorite" foods every day, since this discourages children from trying new foods. Be a good example and eat a variety of foods yourself, especially vegetables and fruits.

### ***Children's food preferences will change often.***

Children may love a food for a while, then not eat it for months. Or they may eat it some days, but not other days. They may eat only one or two food items at a meal. A daily multivitamin is a useful supplement during stages when few vegetables or fruits are eaten.

### ***Children will eat according to their hunger needs.***

Children grow at different rates and into different shapes and sizes. Some days children are hungry and some days they aren't. They may eat an enormous breakfast and snack, then very little the rest of the day. Some days they are more active than other days. You can trust that they will eat what they need, if snacks and beverages are appropriately limited between meals. So, avoid coercing, nagging, or bribing your children to eat. Require that they sit at the table until everyone is finished eating. If hungry later, offer the planned snack, but avoid randomly giving heavy snacks or desserts after the meal: many children will refuse to eat at mealtime in anticipation of these snacks.

## **General Guidelines:**

- Limit snacks and sweet drink between and after meals. Control your child's access to the pantry or refrigerator. Require that they ask first before getting snacks from the pantry.
- Eat together as a family as often as possible. Be an example of good nutrition.
- Serve a variety of foods at each meal. Serve the same foods to everyone. Don't short-order cook for your child.
- Require that everyone remain seated at the table until all are finished. Require your children ask to be excused. Slowing a child down to eat is half the battle.
- Make mealtime pleasant. Avoid nagging or coercing your child to eat and let the child's natural hunger drive do the work for you.

**In summary, do your job, let your children do theirs, and everyone will eat well.**

## **Nutritional Recommendations for the Average Toddler**



FOOD GROUP	SERVINGS A DAY	AMOUNT PER SERVING
Milk, cheese, yogurt, and other dairy products*	2-3	1 cup milk or equivalent
Meats, poultry, fish, eggs, nuts	2	1 ounce meat, etc. or 1 egg
Vegetables	3 or more	¼ cup
Fruits	2 or more	¼ cup, or ½ piece of fruit
Bread, cereal, rice, pasta, crackers	4 or more	2 slices bread, ¼ to ½ cup rice or pasta, or 1-2 crackers

\*Dairy products are the most convenient way to achieve an optimal calcium intake for a child.

**Snack Suggestions:** fresh fruit (bananas, strawberries, cantaloupe, oranges, apple slices) raw vegetables, bagels, crackers, cheese, yogurt, pretzels, frozen fruit bars, rice cakes, bread/ toast, graham crackers, soups and turkey slices.