

Goodlettsville Pediatrics

TWELVE MONTH CHECK UP

NAME _____

DATE _____

HEIGHT _____ WEIGHT _____ HEAD _____

ACETAMINOPHEN (Tylenol) _____ IBUPROFEN (Motrin / Advil) _____

EATING: Most babies can now take low fat milk without problems. Limit milk to 15-20 oz. a day. Limit juice to 4-6 oz. Less is fine. Calcium needs are easily met with cheeses, yogurt and other dairy products. Too much milk leads to obesity and a tendency toward iron deficiency. Your baby should be using a cup well and already be off the bottle or soon be off. Try not to use the bottle to put your baby down for naps or at bedtime. Milk or juice in the mouth at times of sleep causes cavities. If you have trouble, a water bottle is not harmful. Between 12 and 15 months, most babies move all the way to table foods. There is no rush. Baby foods are easier, have less salt and sugar, and more variety. Do not give a child less than 4 years old food with a high risk of choking such as hard candy, nuts or popcorn. Apples, grapes and hotdogs should be cut carefully. Carrots should be cooked until soft. Babies should not walk around with a bottle or sippee cup. Water is the best drink for children. Babies now need 600 IU of Vitamin D daily.

SLEEP: Your baby should be sleeping all night. Do not offer food or drink at night if your child wakes up. Toddlers, like adults, do not need to eat or drink at night. Most parents find that everyone sleeps better if everyone sleeps in their own bed. Recommended Book: *Sleeping Through The Night*, Jodi Mindell, Ph.D.

DEVELOPMENT: The average baby starts walking around the age of 12 months and says one word such as "mama" or "dada." He may gesture and point and mimic sounds. When your baby asks for something by pointing, say the word as you give it to him. Continue to read to your baby.

DISCIPLINE: With the onset of mobility, one of the hardest jobs for parents begins — teaching our child limits. Your child cannot have everything he sees nor can he have everything right away. This process will take several years to complete, usually by the age of 3-4 years. It begins with the temper tantrums of a 12-15 month old toddler. Teach your child what NO means.

1. Never say NO more than twice.
2. Never say NO unless you mean it. (Don't say no unless, if your child continues, you will get up and move him or take the object he cannot have away.)
3. Don't scream at your child. Say no firmly and clearly.
4. Don't slap or hit your child.
5. Baby proof your home so you don't have to say NO all day long.
6. BE CONSISTENT. If something is a no-no, it should always be so. Both parents, grandparents, etc. should follow the same rules.

SHOES: Shoes serve two purposes: To keep the feet warm and to protect the sole of the foot from injury (i.e. stepping on glass, nails, bees, etc.). Children do not need ankle support or stiff soles. Actually children learn to walk best in bare feet. Buy shoes accordingly. A well-fitted pair of tennis shoes meets all the requirements and is easier on the pocketbook. Remember young children outgrow their shoes as often as every 6 weeks.

SCREENING: Screening for tuberculosis and lead poisoning is done only for high risk infants or if required by your insurance company. Please discuss this with your doctor if you have any risk factors.

CAR SAFETY: All babies need to ride in car seats, in the backseat, facing backwards. When a baby reaches 2 yrs. old, they may ride in a forward facing car seat. Studies show that up to 80% of car seats are not used properly. For the location of a seat inspection facility that gives hands on assistance, call the toll free number 1-866-732-8243 or check the web at www.seatcheck.org.

SAFETY: A smoke free environment is best for parents and children. Please smoke outside if you must smoke. Be sure smoke detectors are functioning on each level of your home and in every sleeping area. Change batteries twice a year. You should have a fire extinguisher in the kitchen. Use broad spectrum sunscreen of SPF 30 or higher when in the sun, even on cloudy days. Avoid the sun from 10 a.m. - 4 p.m. when possible. Hats, sunglasses with uv protection are all good. Insect bites are most common in the early morning and late afternoon. Use insect repellent if you tend to attract mosquitoes. Picaridin and DEET are both effective against biting insects. Some experts think that Picaridin may be slightly safer than DEET. Both should be used as directed.

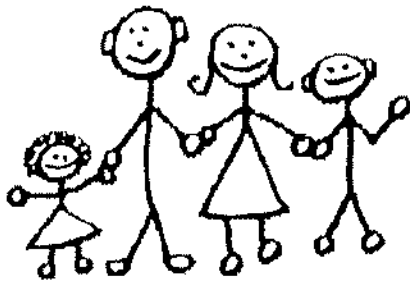
CHOKING: See handout and ask us about a CPR class.

Suggested Reading: *Your Baby and Child*, Penelope Leach

Reading: *Caring for your Baby and Young Child: Birth to Age Five*, Steven Shelov

Register for The Imagination Library sponsored by Dolly Parton. <https://usa.imaginationlibrary.com/>

NEXT CHECK UP: _____



Goodlettsville Pediatrics, P.C.

200 Gleaves Street, Suite A
 Madison, Tennessee 37115

(615) 851-7865 (R.U.O.K.)

(615) 851-7853 Non-Medical Fax

(888)599-5833 Medical Fax

M. Catherine Dundon, MD
 Dina H. Mishu, MD
 Patricia F. Robinson, MD

M. Heather Johnson, MD
 Sara J. Patterson, MD
 J. Scott Huitink, MD

Christine Hunley, MD
 Susan L. Algood, CPNP

Office Hours

REGULAR OFFICE HOURS
 Mon. - Fri. 8:00 a.m. - 5:00 p.m.

EXTENDED HOURS
 Mon. - Thurs. 5:00 p.m. - 6:00 p.m.
 Saturday 8:00 a.m. - 1:00 p.m.

Every attempt is made to see sick children the day you call. We request that you schedule well child exams, school and sports physicals several weeks in advance whenever possible.

Saturdays are generally reserved for sick children, but a limited number of well exams are available as the season and schedule permits.

After Hours

Call (615) 851-7865 (R.U.O.K.) to reach us after hours. Pediatric nurses assist us in responding to your needs after hours. These nurses are extremely proficient in answering questions on fevers, common childhood illnesses and have direct contact with the physician on call at all times. Please wait to call during regular office hours if possible. Non-urgent questions are best answered during office hours.

Physicals and Well Child Exams

The basis of good care is continuity and getting to know you and your family over time. This way we hopefully will prevent problems or catch them in the early stages. We encourage you to adhere to the recommended schedule for well child exams from birth through the teenage years. These well child exams are times to discuss problems with growth, feeding, sleeping, behavior, development, speech, language, receive immunizations and have screening lab work such as blood counts and urine studies.

Preventive Pediatric Health Care Schedule

Infancy	Prenatal	Newborn	3-5 days old	2 wks.	2 Mo.	4 Mo.	6 Mo.	9 Mo.			
Early Childhood	12 Mo.	15 Mo.	18 Mo.	24 Mo.	30 Mo.	3 Yr.	4 Yr.				
Middle Childhood	5 Yr.	6 Yr.	7 Yr.	8 Yr.	9 Yr.	10 Yr.					
Adolescence	11 Yr.	12 Yr.	13 Yr.	14 Yr.	15 Yr.	16 Yr.	17 Yr.	18 Yr.	19 Yr.	20 Yr.	21 Yr.

Visit Our Website

www.goodpeds.com

*Practice Information

*Biographies of all our Physicians

*Patient Services

Also Available:

Our **Medication Dispensary** is available for your use. When you check out, you can pick up and pay for your prescriptions just as you would if you were at a pharmacy. The Dispensary is open 9:00 a.m. – 6:00 p.m. Monday thru Friday (closed for lunch from 1:00-2:00 pm).

Our **FasTrack Call-Ahead Clinic** is also available for simple, straight forward problems such as strep tests, mild illnesses, mild allergies, simple rashes and skin problems. It is staffed by one of our providers and is also open all our open hours (closed for lunch from 12:45-1:45 p.m.).