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12 month old

Date: _____ Age: _____

Name: _____ Ht. _____ Wt. _____

Twelve to Fifteen month old can:

- Begin to walk
- Explore environment
- Imitate
- Use words with meaning
- Stop night nursing
- Understand "no"

Foods:

- Finger foods
- Limit whole milk to 24-32 ounces a day
- Choking hazards- peanuts, popcorn kernels, round slippery foods (ex: hotdogs), chewy, gummy foods
- Brush teeth with fluoride toothpaste (use a smear or 'grain of rice')

Stimulation:

- Look at pictures in a book
- Toys, cloth books, blocks
- Encourage good behavior
- Read, sing, dance
- No tv until 2 years old
- Ignore temper tantrums

Medications:

- Tylenol syrup, 3.75-5 milliliter every four hours (if rectal temperature is greater than 100.4 F)
- Fluoride supplement if using well water

Safety:

- Car seat- rear facing until age 2
- Never leave child unattended in car or bath
- Prevent climbing accidents and poisoning
- Create safe environment
- Set limits with consistency

Vaccines:

- Varicella (chicken pox)**
- Dtap (diphtheria, tetanus, pertussis)**
- Hib (haemophilis influenzae)**

Resources:

- www.healthychildren.org (American Academy of Pediatrics)
- www.powerofmoms.com

Return: 15months of age



How to keep you family Healthy, Happy and Growing!!

We are proud to introduce and offer to all of our patients a convenient and secure way to access your child's personal health records through patient portal. Access your child's medical data from any computer; tablet or smartphone is easier than ever!



- Check your email for an invitation from Follow my health (may be in Spam folder)
- Create an Account
- Register as a proxy: someone with authority to represent someone else (your child)
- Your **INVITE CODE** is the year of birth of your oldest child (younger than 18) Watch the first time walk-through video or check out the video tutorial www.richesondrivepediatrics.com
- At the top right corner of your portal page, you'll see a drop down arrow next to HELLO, Name.
- Click the name of your child to see their account.
- Growth charts are in the pie icon on the right
- Medications, allergies, weights and last visit are all available
- CONTACT US at staceyw1022@gmail.com or 385.7776