



## Pediatric and Adolescent Medicine

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### HEALTH MAINTENANCE INFORMATION SHEET – AGE 1 YEAR

Date	Age	Wt	Ht	Head Size	Next Appt.
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Acetaminophen Dosing: Children’s Suspension (160 mg/5ml) \_\_\_\_\_

Ibuprofen Dosing: Infant Drops (50mg/1.25ml) \_\_\_\_\_

#### NUTRITION

- Consider weaning from formula or breast milk to whole milk. Use a cup and try to eliminate bottles by 15 months.
- Toddlers usually eat “table food”, roughly 3 meals daily. Watch the size of the pieces of food.
- No longer any specific food restrictions other than being careful about “salty” and “sweet” and staying away from whole nuts, seeds, raisins, hot dogs, raw carrots, apples or celery, and popcorn (potential chokers).
- Vitamin D is very important. In general, vitamins don’t take the place of a good diet. Get them into good habits now!

#### GROWTH & DEVELOPMENT

- Pulls up to a stand. Walks with support and takes more steps alone.
- Precise forefinger and thumb grasp. Points to objects.
- Increasing receptive vocabulary: approximately 25- words. Uses “mama” and “dada” specifically and 2-3 specific words up to 10-15 words. Uses specific gestures; pretends drinking from a toy cup; sniffs artificial flowers.
- Creeps upstairs, climbs furniture, throws ball.
- Increased understanding of cause and effect; leads parent by hand to kitchen when hungry, etc.
- **Warning signs of early language impairment:** your child does not give toys to you on command or point to objects.
- Knows object permanence – will look for a toy that is missing or repeatedly drop toys.

#### IMMUNIZATIONS & PROCEDURES

- Hepatitis A #1 (HAV), MMR #1 (measles, mumps, and rubella), and VZV #1 (chicken pox) vaccines (ProQuad).
- CBC, lead screening
- Vision screen

#### ACCIDENT & SAFETY

- **NEW RULE:** Car seat is rear facing until 2 years. Always use car seat in the car and helmet for toddler on bicycle carrier seat.
- Ingestions and burns are more common, be careful.
- Check smoke alarms and carbon monoxide detectors.
- Turn down water heater setting to 120-125 degrees (Safe zone)
- Don’t use topical teething gels.
- Make sure cleaning solutions, medication, and other potential poisons are stored, locked, and out of reach.
- Never leave a child in the pool or bath unsupervised for any period of time.
- Monthly walk-through of house looking for trouble spots (check HealthyChildren.org for home safety tips).
- Make sure toys are age appropriate. Keep small objects that could be swallowed or aspirated out of reach.
- Start to teach street safety – holding hands, watching for cars, etc. Do not allow child to play in the street.
- Poison Control 1-800-222-1222. DO NOT USE syrup of ipecac.

#### MISCELLANEOUS

- Infant’s rate of growth slows down and so does appetite.
- Brush teeth gently (you may use a pea sized amount of any toothpaste) and a soft toothbrush or washcloth. Get rid of pacifier and bottles.
- Encourage social interaction, speech. Name objects, body parts, colors, numbers, etc.
- Continue to pick up, cuddle, hug, and love your baby. Read to him or her daily. Music is great for developing minds.
- Set common sense limits: the best way to modify behavior is with positive reinforcement, followed by ignoring, followed by negative reinforcement. Try to praise your child for good behavior and offer choices about issues (Do you want a story or a song before bed? Thus, bed is not the issue). Establish a good bedtime routine!
- Temper tantrums, anger, head banging, and breath holding are common responses to experiencing frustration. Ignoring will help extinguish them. It’s their problem not yours.
- Shoes, finally! A well-fitting, soft tennis shoe is just as good as high tops. Keep it simple and inexpensive.
- Shape sorters, blocks, books, push/pull toys; stuffed animals are hits at this age.

#### RESOURCES

- Montgomery County Recreation Dept. catalog of courses
- Community center activities
- Washington Post Weekend Section