

Pediatric Associates of North Texas

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Wt. _____ % Ht. _____ % Head _____ %

ONE-YEAR VISIT

Your toddler will become increasingly independent over the next few months; exploration of a safe environment is key to toddler development. Playpens should be used as a safety island only when you cannot be immediately present.

Your child's appetite will probably decrease during the second year; encourage foods from all food groups, foods high in iron and nutritious snacks.

You may give your child whole milk, 10-24 oz/day, if your child will take that much.

Encourage toddler to use a spoon.

If your baby is not already on PolyViSol or ViDaylin 1ml. daily, start now.

Learn Heimlich maneuver for choking.

Develop routine of brushing teeth 2 times/day with soft brush.

Encourage good behavior through positive reinforcement.

Limit the number of rules to essentials for safety and family functioning and enforce them consistently.

AT THIS VISIT YOUR CHILD MAY RECEIVE THE FOLLOWING IMMUNIZATIONS:

DTaP Hib MMR Polio Hep A Hep B Chicken Pox Pevnar

NEXT WELL CHILD VISIT:

At 15 months of age; Pevnar and DTaP / Hib will be given. Urine and blood specimens will be done.