

Date: \_\_\_\_\_  
Height: \_\_\_\_\_ %  
Weight: \_\_\_\_\_ %  
Head: \_\_\_\_\_ %

**Twelve Month Visit**  
**West End Pediatrics**  
**westendpediatrics.com**  
**804-740-6171**

### **Nutrition**

If you are bottle feeding, change from formula to whole pasteurized milk. Milk requirements decrease to 16 to 24 ounces per day. Begin to wean your toddler from the bottle. Avoid giving your toddler foods and drinks that are high in sugar. Limit daily juice intake to 4 ounces. You may notice drop in your toddler's appetite. Toddlers' rate of growth slows and they need about 1000 calories per day. This will be divided into three meals and several snacks. Your child needs food from the same food groups as you do including: meat, fish, poultry, and eggs; dairy products; fruits and vegetables; and cereal grains, potatoes, rice, breads, and pasta. Toddlers will eat a lot at one time and not much the next.

Encourage your toddler to feed him/herself. Toddlers learn to like foods by touching them and mouthing them repeatedly. Encourage your toddler to sit while eating to avoid choking. Include your toddler in family meals by providing a high chair or booster at table height.

Avoid giving your toddler foods that can be inhaled or cause choking. These foods include peanuts, popcorn, chips, whole hot dogs, sausages, carrot sticks, whole grapes, raisins, and hard candy, large pieces of raw vegetables or fruit and tough meat.

### **Safety**

It is now recommended that your infant and toddler continue to ride in a rear facing car seat until age 2. Never place your toddler's safety seat in front seat of a vehicle with a passenger air bag. The back seat is the safest place for children of any age to ride.

Be sure that the hot water heater thermostat is set lower than 120 degrees. Supervise your toddler at all times whenever she is near water (bathtub, play pool, buckets, and toilet.) Continue to empty buckets, tubs, or small pools immediately. Get down on the floor and check for new hazards now that your toddler is walking. Check around for knives, scissors, matches, and lighters. Do not leave heavy objects or toward the back of the stove. Keep your toddler away from hot stoves, fireplaces, irons, curling irons, and space heaters.

Check your storage areas for kerosene, solvents, paints, and drain cleaners. Keep all poisonous substances, medicines, cleaning agents, health and beauty aids, and paints and paint solvents locked in a safe place out of your toddler's sight and reach. Never store poisonous substances in empty jars or soda bottles. Keep the number of your local poison control center near the telephone and call immediately if there is a poisoning emergency. **The poison control number is 804-828-9123.** Tell the poison control center what your child swallowed and how much. They will also ask how much your child weighs. The poison control center will tell you what to do and whether or not to give your toddler syrup of ipecac. Keep the jar, bottle, or can

that contained the swallowed substance and bring it with you to the emergency room if you are so instructed by the poison control center. Please also call our office at 804-740-6171.

Your toddler will be exploring his environment. Check your home for lead poisoning hazards such as chipped lead paint, lead dust, lead water pipes, and poorly glazed pottery. Keep cigarettes, lighters, matches, and alcohol out of your toddler's sight and reach. Be sure that guns kept in the house are unloaded and locked up and that ammunition is stored separately. A trigger lock is an additional important safety measure.

Continue to use gates at the top and bottom of stairs and safety devices on windows. Supervise your toddler closely when she/he is on the stairs. When your toddler is playing outside, supervise him/her closely. Keep your toddler away from moving machinery, lawn mowers, overhead garage doors, driveways, and streets.

### **Sleep**

Try to be consistent with a routine before naps and bedtime. You can expect your toddler to sleep through the night in his/her own crib. Reinforce good sleeping habits. Your toddler may still take a morning and afternoon nap or may start taking a longer afternoon nap. Provide your toddler with the same transitional object-such as a stuffed animal, blanket, or favorite toy-so they can console themselves at bedtime or in new situations.

### **Discipline**

Praise your toddler for good behavior. Set limits for your toddler by using distraction, gentle restraint, and time away from the object or stimulus. Limit the number of rules and be consistent. Remove things from the environment that are sources of conflict if at all possible.

### **General**

Do not begin toilet training for many months. This is usually started after 24 months and often close to 36 months.

Brush your toddler's teeth with a small, soft toothbrush and water only. Do not use toothpaste containing fluoride until your toddler is able to spit the toothpaste out into the sink. When your toddler is ready to use toothpaste, use a very small pea-sized amount. Do not put your toddler to bed with a bottle or cup containing juice, milk, or other sugary liquid. Do not allow drinking from a bottle or cup containing juice or milk at will during the day. The continual exposure to sugars in fluids can cause dental decay or cavities.

Encourage your toddler's language development by reading and singing to him/her, and by talking about what you are seeing and doing together.

**Please make your next check up appointment at 15 months.**