



Schoolhouse Pediatrics

Name: _____ Date: ____ / ____ / ____

Weight: _____ Length: _____ in. Head Circ.: _____

ONE YEAR

- Your child will now be eating many, if not most, table foods. However, you must be careful that the food is chopped and small enough for your baby.
- Cup feedings are to be greatly encouraged and bottle feedings discouraged. Babies should be weaned from their bottle feeding by fifteen months because the prolonged contact of milk and juice from a bottle upon the baby's teeth will cause erosion of the enamel of the teeth. Try putting only water in the baby's bottle. This will encourage him/her to prefer the cup.
- Apply sunscreen before outside play.
- Continue with flouride 1/2 ml. or .25 mg per day.
- Continue to keep your child rear-facing in car seat.
- Continue to safeguard your home including windows. Screens will not prevent your child from falling through the window.
- Your water heater should be set at less than 120°.
- A blood lead level will be checked.
- Encourage speech development. Read to your baby.
- Limit exposure to television, cell phone and other screens.
- Encourage infant to play alone as well as encourage interaction with siblings.
- Poison Control should be called for any accidental ingestion (**1-800-222-1222**).

WATER SAFETY

- Small children are often curious around water and may tip over and drown in only a few inches of water. Do not take your eyes off your child around water, even for a few seconds.

IMMUNIZATIONS

- Your baby will receive 4 shots:
 - Prevnar (#4 in this series)
 - Hib (#3 in the series)
 - Hepatitis A (#1 in the series)
 - MMRV #1



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