



Schoolhouse Pediatrics

Name: _____ Date: ____ / ____ / ____

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

SECOND YEAR

- A balanced diet continues to be important for your child's good growth and development. Offer nutritious foods but do not force your child to eat. His/her appetite will not only vary during the day but also daily. If a snack is given, give one of high-quality (ie. cheese, fruit, meat). Avoid the empty calorie carbohydrates.
- Toilet training your child will be discussed with you.
- Blood lead level and hemoglobin will be checked in office today.
- A chewable flouride tablet will be prescribed if you live in a flouride free area.
- Your best assurance of a healthy child is an annual physical examination. We strongly urge that you make a habit of arranging for an annual exam around the time of your child's birthday.
- MCHAT questionnaire is reported.

SUGGESTIONS

- Limit television and don't use it as a substitute for interaction with your child.
- Safety plugs for all electrical outlets.
- Never leave your baby unattended in tub, street or driveway.
- Always keep your child strapped in the car seat while driving. You may now use a forward facing 5-point restraint.
- Offer simple toys to assemble.
- Use picture books.
- Provide opportunities for peer contact.
- Sleep-Day napping varies. Afternoon naps should be nonnegotiable. The toddler needs an afternoon nap, otherwise by late afternoon your child will be cranky and irritable.
- Mild speech dysfluency is transient, self-limited and usually resolves spontaneously.

POISON CONTROL phone number is 1-800-222-1222



(Main Office)

81 Schoolhouse Rd. | Albany, NY 12203

Phone (518) 456-1211

Fax (518) 452-2535

1750 State Rt. 9
Clifton Park, NY 12065

11835 State Rt. 9W, Suite 3
West Coxsackie, NY 12192

www.SchoolhousePeds.com