



Injury Prevention



The most common accidents that occur at this age:

- **Falling down stairs and through windows:** use gates and install safety devices
- **Pulling a hot drink** off of a surface, tablecloth or place mat.
- **Electrical shock:** cover sockets and conceal electric cords.
- **Choking** from food in the windpipe. Common foods to avoid: peanuts, hot dogs, popcorn, frozen peas, corn, beans, carrot sticks, celery, raw apple, grapes and raisins.
- **Accidental poisoning:** Ipecac syrup should no longer be kept in the household, in almost all situations. If you live in an area that is extremely far from a hospital, ask us whether you should have a prescription for it. If your child should ingest something call Poison Control at **1-800-222-1222**
- **Poisoning from an attractive bottle:** Do not store possible poisons in empty soda bottles, glasses, or jars.
- **Automobile accidents:** be prepared to purchase a convertible car seat at around 20 lbs.

Nutrition

Table foods generally can be given when your child is able to sit at the table with the family. There are generally 3-4 feedings per day at this age, with formula making up approximately 16-32 ounces per day, the rest in solids. Anticipate a **drop off in appetite** very soon. Many parents worry about this, but it is normal. You pick **what** your child eats, let them pick **how much**. You should now highly encourage the cup, and phase off the bottle by 12 months.

Cereals and Bread: Your child may enjoy infant cereals, as well as Cream of Wheat or other plain hot cereals. It is also okay to serve toast, bagel, crackers and teething biscuits.

Vegetables: Introduce cooked, mashed family vegetables and junior vegetables.

Fruits: Peeled, soft fruit wedges, bananas, peaches, pears, and apples are well liked at this age

Proteins: lean meat, chicken (strained, chopped or small tender pieces) can be offered. Cooked dried beans are high in protein. Eggs can be offered.

If your drinking water does not contain fluoride, you child should be taking 0.25 mg daily.

Behaviors

Encourage vocalizations and communication. Imitate the baby's sounds.

- Name objects and pictures with your child. Encourage exploration.
- It is normal for your child to show independent behavior at this age.
- Discipline is not the same as punishment. It is important to teach rules and set limits. In many instances, distracting your child from unacceptable behavior is the best answer. Save your NO's for those times when your child is headed for dangerous experiences.
- **Separation Protest:** Many children cry when parents leave. This is a normal behavior; and not from spoiling. You will not harm them by leaving them with others.

Shoes



Shoes protect the baby's feet against sharp objects, heat and cold. Bare feet would be fine if it were not for these hazards. Healthy children don't need shoes for support unless there is a special medical problem. Buy shoes that are flexible, with comfortable "uppers" that aren't too tight or too loose. You don't need expensive shoes (e.g. Stride-Rite) since studies show no difference in how children's feet

2

develop. An in-expensive pair of sneakers is just fine.

Sleeping

Follow a regular bedtime routine. Your child may awaken briefly at night.

Provide a favorite toy. If you are having problems with your child's sleeping pattern, please read the special section below.

Recommended Reading

The Wellness Times

Your Child's Health by Barton Schmitt, MD

Solving Your Child's Sleep Problems by Richard Ferber, MD

Feed Me I'm Yours by Vicky Lansky

Helping Your Child Back to Sleep

How do I know if my child has developed poor comforting skills?

In general, most children should have learned to comfort themselves to sleep by this point. If your child awakens and seems to immediately stop crying when you enter the room or pick them up, but starts again when you leave, you child may not have learned how to comfort themselves. They prefer to have you present to comfort instead.

I got into the habit of bringing my child to bed so I can sleep, what can I do now?

Your child needs to learn how to comfort themselves. If you give this 2-3 nights, we can almost guarantee that your child will be sleeping and self comforting by the 3rd night. Follow the steps below (both parents must agree to do this for it to be successful):

- On the **1st Night**: Wait 5 minutes before going into the room. (Use a timer). Enter the room for less than a minute (make it a brief, boring, contact). Don't pick them up. Whisper "It's sleep time, I love you, good-night." Leave the room and set your timer to 10 minutes. Repeat the above. Add 5 minutes to the timer each time you leave the room. (Go in at 5", 10", 15", 20" etc until your child falls asleep)
- On the **2nd Night**: Start your timer at 10 minutes and repeat the above adding 5" each time you leave (Go in at 10", 15", 20" etc) until asleep
- On the **3rd Night**: Start your timer at 15 minutes and repeat the above adding 5" each time you leave until asleep
- Don't start this until you are prepared to see it through. Starting and then stopping will only teach your child that if they cry long enough and loud enough that you will eventually give in.

Next Visit



Your next health visit will be the 1 year well child visit. Your appointment must be made on or after your child's 1st birthday or shots cannot be given (the school will make us repeat them). Please notify us as soon as possible (no later than 24 hours prior to your appointment) if you cannot make an appointment. Please be sure to click the link to confirm your appointment and the link to complete your questions BEFORE arriving to the office.

Immunizations

Today your child received the 3rd dose of Hepatitis B Vaccine. At the 1 year visit we generally will be doing blood work as well as the following immunizations.

12 Months HIB, Prevnar, Hepatitis A Vaccine