

PARKSIDE PEDIATRICS, S.C.
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Parkside Medical Center
at Lutheran General Hospital
1875 Dempster Street, Suite 650
Park Ridge, Illinois 60068

Hours: Mon. and Tues. 9-5
Thurs. 12-8
Fri. and Sat. 9-1
Phone: 847/823-8000

Name _____ Date _____

Height _____ Weight _____ Head _____

TWELVE MONTH OLD INSTRUCTIONS

FEEDING:

- If you desire to discontinue breast feeding or if your child is on formula, now is the time to start whole cow's milk. Your child should consume 14 to 20 ounces of whole milk products per day. One slice of cheese equals 4 ounces of milk and one string cheese equals 6 ounces of milk. Daily calcium intake from milk and other dairy products should be at least 700 mg for adequate nutrition.
- Continue with previously introduced foods. Continue to increase appropriate finger foods as your child develops increasing skill and independence at meal time. The goal is to be off baby food by 12-14 months of age.
- Encourage the use of a cup. Ideally your child should be off the bottle by 15 to 18 months of age.
- Continue to avoid raw honey and corn syrup until 2 years old due to the small but real risk of botulism. There are no other food restrictions at this age. Continue with previously introduced foods as before and, if you haven't already, you may now start eggs, strawberries, raspberries, peanut butter, and seafood. However, you need to be very careful with the size of the pieces especially when dealing with hot dogs, grapes, and popcorn. Hard candy, nuts, etc. are not recommended.

WATER:

For strong bone and teeth development, your child needs to consume at least 8 ounces of fluoridated water per day. If your child is on formula, this can be obtained most easily by switching from ready-to-feed to a concentrate or powdered form using fluoridated water to reconstitute these formulas. The best option is filtered tap water. Ideally, the filter removes at minimum lead and chlorine with a refrigerator filter or a faucet mounted filter such as those from Brita or PUR being appropriate options. Carry liquids in hard plastic, aluminum, or stainless steel containers – glass containers are acceptable if they can be used safely in light of potential breakage – avoid cheap plastic bottles.

VITAMINS:

One week after your child has been on whole milk and off of infant formula, one dropperful (1 ml) daily of Poly-Vi-Sol with Iron should be started. Children who are breast fed should continue one dropperful (1 ml) daily of Poly-Vi-Sol with Iron. If your child is not yet consuming 6 to 8 ounces of fluoridated water per day, notify us during office hours so we may prescribe an appropriate fluoride supplement.

SLEEP:

The average child is sleeping 11 hours a night and taking 2 naps during the day totaling 2½ hours. If your child is still frequently waking at night or is excessively tired during the day, discuss possible solutions with us during office hours.

DEVELOPMENT:

Over the next three months your child will start to walk without help. Now is the time to teach your child how to go up and down stairs. They will eventually do it without you looking and it is best if they know how. They tend to fall by collapsing. They constantly will throw objects to the ground. They also like to take off their shoes, finger feed themselves, kiss pictures of animals, ask for objects by pointing, and will develop improved coordination with a cup. Visual acuity at this age is 6/60 (adult vision is 60/60). They frequently will have a 3 to 8 word vocabulary by 15 months of age.

SAFETY:

The phone number of the Illinois Poison Control Center downtown is 800-222-1222. This number, as well as the number for the nearest emergency room and our office should be readily available at all times, ideally in your cell phone. Poison Control is **always** your first contact and we are the second.

Make sure all medications and cleaners are LOCKED Up and not just put up high.

Appropriately discard old medications – check with your Pharmacy or local collection facility – do not put them in the trash, toilet, or sink. Most liquid antibiotics need to be refrigerated and are good only for 10 to 14 days.

Maintain working Smoke and Carbon Monoxide Detectors - change the batteries yearly and replace the unit upon expiration.

Avoid excess items in the crib, including no bumper pads, and keep the mattress as low as possible to minimize the risk of your child falling out as they start to pull to stand.

Continue to position your child's car seat facing the rear of the car until at least 2 years of age. The shoulder straps should come out of the slot at or just below the level of your child's shoulders.

Make sure all stairs, top and bottom, are protected with gates until your child can go up and down stairs well. Avoid accordion type gates which are frequently associated with injuries.

If you plan to ride your child on your bike, use a well-built securely mounted seat which has a 5 point harness and make sure it protects the feet and hands. A bike helmet is mandatory. Look for ANSI (American National Standards Institute) or Snell sticker to indicate safety testing and approval. Make sure it not only protects the skull but also comes down to cover the cheek bones and the sides of the face. Since the bike is somewhat unstable with your child on board, never leave your infant in the bike seat unattended.

The common practice of giving sips of alcohol to young children is much more dangerous than it would seem. Only two tablespoons of rum will produce a toxic level in the average one year old child. The 'sampling' of adult beverages should not be allowed. Also, get in the habit of cleaning up alcoholic beverages after a party. On numerous occasions, children awaken the next morning and begin to imitate adults by drinking leftover beverages. This could lead to disastrous consequences.

HYGIENE:

Brush your child's teeth at least twice a day. Also, continue to use small smear of fluoridated toothpaste which does not contain peroxide, whiteners, or tartar control agents.

ILLNESS MANAGEMENT:

Over the counter cough and cold medications are not approved for use until at least 4 years of age.