

# Advanced Pediatrics of Rockland, P.C.

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## Anticipatory Guidance

### **12 month old - Female**

Put your child to sleep in the crib only - never put her to sleep in a bed since she can fall off the bed and get a head injury.

Don't leave her on a changing table, bed or sofa without holding her in order to prevent a fall.

You should be giving her prescription multivitamins with fluoride.

Use fragrance free, mineral sunblock for sun exposure.

Continue childproofing the house: Ensure pills and poisons are not accessible. This includes all household cleaners which should be stored in a cabinet with child proof locks on it. Clean up small pieces and coins that she can choke on or ingest. Get rid of (or pad) coffee tables or other hard/pointy objects. Pad all corners and edges of furniture to help prevent head injuries and lacerations. Secure all TV's and dressers so that they cannot fall on your child.

If you haven't already started, introduce small, soft pieces of solid food. Do not give choking hazards such as nuts, raisins and grapes. She should continue to drink 30-36 ounces of water per day. Do not start juice or milk since they contain empty sugar and calories without adding much nutrition. If your child is drinking milk, she should be drinking fat free (skim) milk and limit it to one cup per day. Good Karma unsweetened flax milk is a very low-calorie alternative and contains vitamin D, calcium and omega 3 fatty acids for brain development. Adding flax seed oil to food will also add omega 3 free fatty acids. Food choices should include vegetables for vitamins and minerals. It should also include protein containing foods such as meat, fish, chicken, egg whites and beans.

Continue to use discipline. Ignore temper tantrums. Your child should be going to bed tired but awake - without a bottle and without nursing her to sleep. This allows her to learn to self-soothe which is a very important tool for social-emotional development. We expect her to cry at first, but eventually she will quickly learn to stop crying on her own. Wean off the bottle at this age and use a straw cup when she is able to take it.

Brush her teeth twice a day with Fluoride FREE toothpaste.