

Advanced Pediatrics of Rockland, P.C.

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Anticipatory Guidance

12 month old - Male

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

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

You should be giving him 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 he 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. Be careful with choking hazards such as nuts, raisins and grapes. He 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, he 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 him to sleep. This allows him to learn to self-soothe which is a very important tool for social-emotional development. We expect him to cry at first, but eventually he will quickly learn to stop crying on his own. Wean off the bottle at this age and use a straw cup when he is able to take it.

Brush his teeth twice a day with fluoride FREE toothpaste.