



12 Month

CHECK UP

HT ____ WT ____ HEAD ____

NEW WINDSOR PEDIATRICS, PLLC

448 Temple Hill Road 377 Broadway
New Windsor, NY 12553 Newburgh, NY 12550

PHONE: 845-562-2191 FAX: 845-913-7172

OFFICE HOURS: Mon. – Fri. 8:00 a.m. – 8:00 p.m.
Sat. 8:00 a.m. – 3:00 p.m. Sun. 8:00 a.m. – 1:00 p.m.

ON CALL 24 HOURS: CALL BEFORE GOING TO ER

COMMON CONCERNS

BEHAVIOR:

More independence and willfulness, temper tantrums and melt downs: It is important to SET CLEAR LIMITS and be CONSISTENT. Pick the most important rules to enforce, like safety.

MILESTONES:

Babies usually take first steps and have one word, they often point to show you things and begin to imitate activities like combing hair or talking on phone.

TUBERCULOSIS SCREENING:

First PPD test given today, needs to be read in 2-3 days.

NUTRITION

Babies will be taking about 16 ounces of milk each day and three meals per day along with a snack or two. Having child sitting while eating and drinking will prevent choking and spills and will decrease excessive fluid intake during the day.

BREASTFEEDING: If you choose to continue.

WHOLE MILK: Now takes the place of formula, cheese and yogurt are also good sources of calcium.

Start planning on eliminating the bottle between now and 15 months of age by using a cup.

Limit juice to one cup a day.

SAFETY

- Always put baby in car seat while driving. It is now recommended that babies remain rear facing until 2 years of age.
- Baby proof for any small objects that baby may CHOKe on.
- Use safety gates at top and bottom of stairs.
- BE SUPER CAUTIOUS AROUND WATER.
- Set hot water temperatures to 120 degrees to prevent serious burns.

TODAY'S IMMUNIZATIONS

MMR, Varicella and PPD screening, Hemoglobin and Lead test.

NEXT VISIT:

Please return for next check up when baby is 15 MONTHS. Scheduled vaccines are: DTaP #4, Pneumococcal #4 and HIB #4