

Date: \_\_\_\_\_ Your Child saw Dr. \_\_\_\_\_ today  
Weight: \_\_\_\_\_ kg ( \_\_\_\_\_%) \_\_\_\_\_ pounds  
Length: \_\_\_\_\_ cm ( \_\_\_\_\_%) \_\_\_\_\_ inches Head Circ: \_\_\_\_\_ cm ( \_\_\_\_\_%)

### Caring for your older infant:

**Dental Care:** Brush your child's teeth twice a day with a soft toothbrush and water only. To prevent cavities, avoid frequent snacks, sugary drinks, and provide no more than 4 ounces of juice daily. If your child still takes a bottle, switch to a cup. Make an appointment with the dentist for your child.

**Stick to a bedtime routine:** Give your infant a bath, cuddle or feed, read a book and put your infant to sleep. Place your baby in the crib when drowsy, before he/she is completely asleep. Remember, no bottles in bed! Babies at this age can sleep through the night. If your baby wakes up at night and cries, check for safety and comfort of your baby. Allow your baby to put him/her self back to sleep.

**Self-soothing behavior:** Many normal babies will engage in thumb sucking, ear pulling, hair pulling, and head banging at this age. Thumb sucking will not harm your infant's teeth at this age.

**Smoking:** Second-hand smoke causes a greater risk for ear infections, chronic stuffy noses, SIDS and respiratory infections. Second-hand smoke lingers, on clothes and everywhere a person has smoked (in the house/car). Never smoke while holding your child. For your child's health, if you smoke, consider quitting.

### Development and your baby: Over the next few weeks, you can expect your child to

- Cruise along furniture; start to walk alone and fall frequently
- Climb on, over and into everything
- Say 3-4 words, including "mama" and "dada"
- Drink from a cup and pick up food (and any other small object) and put it into his/her mouth
- Know their own name; wave bye-bye, give high-five
- Turn pages of a book
- Enjoy removing hats, socks, shoes, pants and diapers- but can't put them back on without help
- Empty anything he or she can get to, including dresser drawers, trashcans, and laundry baskets- sometimes your child may put things back into containers, but not always
- Pick up small objects with index finger and thumb- "pincer grasp"
- Develop curiosity that will delight as well as frustrate and tire you



### **This is a challenging time for many parents:**

- Your child will explore everything, and needs to explore in order to learn. Your child does not know that this exploring can be dangerous or cause accidents. Talk to your doctor about creating safe home for your child to explore. Anticipate that you or a caregiver will need to keep a close eye on your child at all times.
- Set reasonable limits for the safety of your child. You can use a verbal "no," distract, or remove objects from your child's sight. Never use physical punishment.
- Be consistent. All caregivers should discuss and agree on what is acceptable and unacceptable behavior.

- If your child breaks a rule, remove the child from the area and encourage a different activity. Children this age do not understand hitting, slapping of hands, or spanking.
- Praise good behavior, such as “I like it when you help me pick up your toys.”
- Remember to take time for yourself.

**PLAYTIME:**

- Great toys at this age are blocks to stack, cans, boxes, balls, and books with hard pages.
- Read to your child everyday. Point and name all the objects in a book. Your child will begin to mimic these words, and will recognize the pictures.
- Your child will enjoy chase-me, catch-me and find-me games.
- Your child will enjoy copying and mimicking your activities- cleaning, driving, and talking on the phone; mimic your child’s activities too- hand movements, play activities, and body movement- this shows that what your child does is important to you and helps to build self confidence.

**Safety:**

1. **Falls:** As your child becomes mobile, falls become more common. Use secure gates at the top and bottom of stairways. Use guards on windows.
2. **Choking:** Avoid toys with small parts that can fall out/off or be removed. Avoid small hard foods like peanuts, popcorn, whole grapes or hotdogs. Keep balloons, coins, plastic bags, and medications out of the reach of your small child. Your child will place any and all things in their mouth.
3. **Burns:** Your water heater should not heat water above 120°F (49°C). Never leave cups of hot liquids on table/counter edges. Use your smoke alarm and check it monthly. Place your child in a highchair, crib or playpen when cooking. Do not leave a hot iron accessible with a dangling cord.
4. **Car accidents:** Your baby should always ride in a properly-installed car seat, even on short trips. The safest place for the car seat is in the center of the back seat. Once your child has reached one year and 20 pounds, the car seat can face forward. Never leave your child alone in the car, not even for “just a second.”
5. **Sun:** Keep your child in the shade when possible, and keep his/her head covered with a hat. Use sunscreen on sun exposed areas, avoiding the hands.
6. **Drowning:** Never leave your child alone *in or near* a bathtub, bucket of water, or swimming pool. Learn CPR.

**Illness concerns:**

- **Fever:** Fever is a common reason for bringing infants to the emergency room or clinic. If your child has a fever, but is otherwise acting well, you may give your infant Tylenol or Motrin. Both viral and bacterial infections can cause a high fever. The temperature of a child with a fever is less concerning than how the child is behaving overall. If a fever lasts for more than 48-72 hours, but your child is still well appearing, call the clinic for further guidance.
- **Use of the emergency room(ER):** Your infant should be brought to the ER if he/she does not look well, is unusually sleepy or inconsolable, is vomiting persistently or excessively, vomits anything green or bloody, is working hard to breath, is dehydrated or has less than one wet diaper every 6-8 hours, or for other parental concerns.

Your child’s Tylenol dose is \_\_\_\_\_ mg or \_\_\_\_\_ ml of Tylenol infant drops (80 mg/0.8 ml)

Your child’s Tylenol dose is \_\_\_\_\_ mg or \_\_\_\_\_ ml of Children’s Tylenol (160 mg/5 ml)

Your child’s Motrin dose is \_\_\_\_\_ mg or \_\_\_\_\_ ml of Children’s Motrin (100 mg/5 ml)

**Immunizations**

Your child will receive the MMR, Varicella, Prevnar and Hepatitis A vaccines today. The Influenza vaccine is recommended for all children over six months of age during Flu season.

**Next Visit**

Bring your baby in at 15 months of age for an exam and vaccinations. Always bring your child’s immunization card to the clinic. Schedule your appointment 3-6 weeks in advance. Arrive 15 minutes before your appointment for check-in.