

INFANT EXAM – 12 MONTHS (ONE YEAR)

DATE: _____

HEIGHT: _____ WEIGHT: _____

DEVELOPMENT:

1. Most are walking by now (age range: 9-15 months).
2. Many are saying a few words.

ACCIDENT PREVENTION:

1. *Always* use a car seat. (The car seat should face the rear until the child is one year of age **and** weighs 20 pounds.)
2. Falls – they *will* occur. Call if vomiting occurs after a head injury.
3. Do not store toxic substances in empty soda bottles, glasses or jars. Lock up potential poisons.
4. Refresh your infant/child CPR training – especially choking prevention.
5. Protect your child from hot liquids, especially in the kitchen.
6. Drowning can occur in the bath, ditches, buckets of water, wells, ponds, wading pools, or swimming pools – either yours or your neighbor's.
7. Children may be able to climb out of the crib soon. Lower the crib mattress, if needed.
8. Fence your child's play area outside.
9. Keep child away from running machines, lawn mowers and driveways.
10. **Remember Poison Control phone number: 1-800-764-7661.**

NUTRITION:

1. Try to offer a well-balanced diet.
2. Avoid nuts and popcorn, uncut hot dogs (you can serve them lengthwise) and raw carrots. Be cautious with whole peas, corn, grapes, raisins, pizza crust, and any other small, round, firm food.
3. Encourage use of a cup. Try to decrease bottle usage.
4. Always watch your child while eating.

ILLNESS:

Acetaminophen drops—1.2 mL every 3-4 hours if temperature over 101 degrees rectally.

NEXT VISIT:

At 15 months of age.