



DOSING CHART

Acetaminophen: Give every four to six hours as needed. Don't exceed five doses in 24 hours.

Tylenol/Acetaminophen	mL = milliliter tsp = teaspoon	Tylenol Infants' Oral Suspension	Tylenol Children's Oral Suspension	Tylenol Children's Chewable Tablets (160 mg)	Tylenol Children's Dissolve Packs (160 mg)
	Weight				
	6-11 lbs.	1.25 mL	—	—	
	12-17 lbs.	2.5 mL	—	—	
	18-23 lbs.	3.75 mL	—	—	
	24-35 lbs.	5 mL	5 mL (1 tsp)	—	
	36-47 lbs.	—	7.5 mL (1.5 tsp)	—	
	48-59 lbs.	—	10 mL (2 tsp)	2 tablets	2 powders
	60-71 lbs.	—	12.5 mL (2.5 tsp)	2.5 tablets	2 powders
	72-95 lbs.	—	15 mL (3 tsp)	3 tablets	3 powders

Ibuprofen: Give every six to eight hours as needed. Don't exceed four doses in 24 hours. Always give with food.

Motrin/Ibuprofen	Weight	Motrin Infants Concentrated Drops 50 mg/1.25 mL	Motrin Children's Oral Suspension Liquid 100 mg/5 mL	Motrin Children's Chewables Tablets 100 mg each
	12-17 lbs.	1.25 mL	—	—
	18-23 lbs.	1.875 mL	—	—
	24-35 lbs.	—	5 mL (1 tsp)	1 tablet
	36-47 lbs.	—	7.5 mL (1.5 tsp)	1.5 tablets
	48-59 lbs.	—	10 mL (2 tsp)	2 tablets
	60-71 lbs.	—	12.5 mL (2.5 tsp)	2.5 tablets
	72-95 lbs.	—	15 mL (3 tsp)	3 tablets

*If under 6 months of age, please consult your pediatrician.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-334-793-1881.
주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-334-793-1881번으로 전화해 주십시오.



12 MONTH CHECKUP

Date: _____

Weight: _____

Length: _____

Head Circumference: _____

Next Visit: **15 Months of Age**

Nutrition

- Weaning from the bottle to cup should be in process and transitioning to table food should be well under way.
- Formula is no longer necessary if your child is eating foods and growing well. Milk can be introduced, but the primary drink at this age is water
- Because growth has slowed down, the appetite will decrease. This is okay and you should not push your child to eat.
- Breastfeeding should be encouraged until it is no longer mutually desirable.

Behavior

- You may begin to see more independent behavior. Temper tantrums may begin.
- Ignore temper tantrums.
- Do not punish your child with spanking or shouting. A firm NO

is most effective. You may begin to use time-out.

- Try distracting or redirecting your child to avoid unwanted behaviors.

Development

- Your child may be able to say at least 1-2 words other than Mama and Daddy, and he/she will understand many words.
- He/she will be walking by now or will be soon.
- He/she will be able to feed himself /herself with his/her fingers.
- Talking to your child and looking at picture books will help with language development.
- Offer praise for behaviors that you would like your child to repeat like helping or sharing.

Baby Walkers

- Do not use baby walkers with wheels. They can delay your babys ability to walk and can be dangerous.

Safety

- Infants should be restrained in a rear facing carseat anytime they are in the car. For the most up to date guidelines, refer to the

National Highway Traffic Safety Administration (www.nhtsa.gov)

- Be careful with small and hard foods like peanuts and popcorn, which can get stuck in his/her airway.
- Hotdogs and grapes are also a choking hazard if not cut into small pieces.

Sleep

- The bedtime routine continues to be very important.
- Continue to read bedtime stories.
- Continue to allow your child to go to bed sleepy, but still awake.
- Do not put your child to bed with a bottle or a cup.

Immunizations

- Please see attached sheets for vaccines given today.
- You may see fever, rash, or swollen glands about 7 to 10 days after the shots.
- You can give Tylenol every 4 hours or Advil/Motrin every 6 hours as needed (see dosing chart).
- You may see local swelling, redness, or soreness. A cool compress may be used, if needed.



BRUSH UP ON HEALTHY TEETH

Your child's teeth will begin coming in between 6 and 12 months of age. The two bottom front teeth will be the first to come in followed by the four upper teeth. Teething may cause extra drooling and chewing, but rarely causes fever, diarrhea, or sleeping problems. Tylenol may be used, but teething gels (Orajel) are not recommended and can be dangerous.

There are many things parents can do to ensure their children have healthy teeth.

Brushing

Once your child has teeth, you can begin using a soft toothbrush with toothpaste.

Fluoride

Fluoride is VERY important for healthy teeth. It is a natural mineral that can slow or stop cavities from forming. Children get some fluoride they need from the water they drink (city water or nursery water), but it is also necessary that he/she brush with fluoride toothpaste twice a day. Only a small amount of fluoride toothpaste is needed at this time - usually a "smear" is enough. It is okay if your child swallows a small amount of fluoride toothpaste.

Sugar Drinks

It is very important that you limit the amount of food and drinks containing sugar, especially between meals. This includes juice, soft drinks, and sweet tea. Water can be given between meals. **Never put your child to bed with a bottle, cup, or food.**

Dental Visits

Although recent recommendations have suggested the first dental visit be scheduled by the first birthday, realistically our local dentists start seeing children for routine dental exams at age 3.

Post-Fluoride Instructions

Your child may have fluoride applied to the teeth today at the well-child checkup. It is okay for him/her to eat and drink afterward, but please restrict crunchy foods and sugary drinks for four hours.

Resources for More Questions:

- HealthyChildren.org
- National Highway Traffic Safety Administration
- Vaccine Information Center from Children's Hospital of Philadelphia
- Help Me Grow Alabama
- Alabama Family Central



12 Month Checkup Healthy Guidelines

Introduce Regular Milk

- Whole milk - not skim or 2% with a goal of 16 oz. per day
- All fluids should be offered from a cup
- Wean completely from bottle

Fluids

- Avoid sweetened drinks, especially fruit juice
- Water is best for extra fluid
- If you choose to introduce juice, limit to 2 ounces of 100% fruit juice mixed with 2 ounces of water once daily.

Solid Foods

- 3 regular meals and 2-3 planned snacks
- Avoid "grazing" throughout the day
- Emphasize vegetables and fruits
- Appropriate serving size is 1/2 cup of fresh (or 1/3 cup canned) fruits/vegetables per serving per meal
- Limit processed food like cookies, french fries, or chips but avoid labeling the as "bad" as this may actually increase your child's desire for them
- Avoid food as a comfort or reward

Keep Your Child Active

- Your toddler is probably already getting a lot of exercise from simply being himself and going about his day - walking, jumping, and climbing every chance he gets. This type of unstructured play is exactly what's good for your child's development at this stage. Go ahead and encourage these types of physical activities while limiting screen time.

ACTIVITIES: 12 MONTHS OLD

- Babies love games at this age (Pat-a-Cake, This Little Piggy). Try different ways of playing the games and see if your baby will try it with you. Hide behind furniture or doors for Peek-a-boo; clap blocks or pan lids for Pat-a-Cake.

- Make puppets out of a sock or paper bag, one for you and one for your baby. Have your puppet talk to your baby or your baby's puppet.

- Encourage your baby to "talk" back.

- To encourage your baby's first steps, hold your baby in a standing position, facing another person. Have your baby step toward the other person to get a favorite toy or treat.

- Give your baby containers with lids or different compartments filled with blocks or other small toys. Let your baby open and dump. Play "putting things back." This will help your baby learn how to release objects where he/she wants them.

- Loosely wrap a small toy in a paper towel or facial tissue without tape. Your baby can unwrap it and find a surprise. Use tissue paper or wrapping paper too. It's brightly colored and noisy.

- Babies enjoy push and pull toys. Make your own pull toy by threading yogurt cartons, spools, or small boxes on a piece of yarn or soft string (about 2 feet long). Tie a plastic stacking ring on one end for a handle.

- Tape a large piece of drawing paper to a table. Show your baby how to scribble with large nontoxic crayons.

- Take turns making marks on the paper. It's also fun to paint with water.

- Arrange furniture so that your baby can work his/her way around a room by stepping across gaps between furniture. This encourages balance in walking.

- Babies continue to love making noise. Make sound shakers by stringing canning rims together or filling medicine bottles (child-proof caps) with different objects like marbles, rice, or salt. Secure lid tightly.

- This is the time your baby learns that adults can be useful! When your baby "asks" for something by vocalizing or pointing, respond to his/her signal. Name the object your baby wants and encourage him/her to communicate again-taking turns with each other in a "conversation."

- Play the naming game. Name body parts, common objects, and people. This lets your baby know that everything has a name and helps him/her learn these names.

- Make an obstacle course with boxes or furniture so that your baby can climb in, on, over, under, and through. A big box can be a great place to sit and play.

- Let your baby help you clean up. Play "feed the wastebasket" or

"give it to Mommy or Daddy."

- Play "pretend" with a stuffed animal or doll. Show and tell your baby what the doll is doing (walking, going to bed, eating, dancing across a table). See if your baby will make the doll move and do things as you request. Take turns.

- Cut up safe finger foods (do not use foods that pose a danger of your baby choking) in small pieces and allow your baby to feed himself/herself. It's good practice to pick up small things and feel different textures (bananas, soft crackers, berries).

- Let your baby "help" during daily routines. Encourage your baby to "get" the cup and spoon for mealtime, to "find" shoes and coat for dressing, and to "bring" the pants or diaper for changing. Following directions is an important skill for your baby to learn.

- Your baby is learning that different toys do different things. Give your baby a lot of things to roll, push, hug, shake, poke, turn, stack, spin, and stir.

- Most babies enjoy music. Clap and dance to the music. Encourage your baby to practice balance by moving forward, around, and back. Hold his/her hands for support, if needed.

- Prepare your baby for a future activity or trip by talking about it beforehand. Your baby will feel like a part of what is going on rather than being just an observer. It may also help reduce some fear of being "left behind."

