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Well Child Care at 12 Months

Nutrition

When your child is 1 year old, you can start using whole milk. If you are ready to wean your child from breast-feeding, wean him to whole milk. Almost all toddlers need the calories of whole milk (not low-fat or skim) until they are 2 years old. Some children have harder bowel movements at first with whole milk. This is also the time to wean completely off the bottle and switch to an open-rimmed cup (not a sippy cup). Limit milk intake to less than 24 oz. per day.

Table foods that are cut up into very small pieces are best now. Baby food is usually not needed at this age. It is important for your toddler to eat foods from many food groups (fruits, vegetables, grains, and dairy products). Most one year olds have 1 or 2 snacks each day. Cheese, fruit, and vegetables are all good snacks. Serve milk at all meals. Your child will not grow as fast during the second year of life. Your toddler may eat less. Trust his appetite.

Development

Every child is different. Some have learned to walk before their first birthday. Most 1-year-olds use and know the meaning of words like "mama" and "dada." Pointing to things and saying the word helps them learn more words. Speak in a conversational voice with your child and give them lots of encouragement to use their voice. Smile and praise your child when he learns new things. Allow your child to touch things while you name them. Children enjoy knowing that you are pleased that they are learning.

As children learn to walk they will want to explore new places. Watch your child closely.

Shoes

Shoes protect your child's feet, but are not necessary when your child is learning to walk inside. When your child finally needs shoes, choose shoes with a flexible sole.

Reading and Electronic Media

Read to your child every day. Children who have books read to them learn more quickly. Choose books with interesting pictures and colors. Choose television shows carefully. Limit their total time and watch the show with your child. More importantly, use the time to turn off the TV and interact and play with your child.

Dental Care

- After meals and before bedtime, clean your baby's teeth with a clean cloth. Don't worry too much about getting every last bit off the teeth.
- You may want to make an appointment for your child to see the dentist for the first time.

Safety Tips

Choking and Suffocation

- Avoid foods on which a child might choke easily (candy, hot dogs, popcorn, peanuts).
- Cut food into small pieces, about half the width of a pencil.
- Store toys in a chest without a dropping lid.

Fires and Burns

- Check your smoke detector. Replace the batteries if necessary.
- Put plastic covers in unused electrical outlets.
- Keep hot appliances and cords out of reach.
- Keep all electrical appliances out of the bathroom.
- Don't cook with your child at your feet.
- Use the back burners on the stove with the pan handles out of reach.
- Turn your water heater down to 120°F (50°C).

Falls

- Make sure windows are closed or have screens that cannot be pushed out.
- Don't underestimate your child's ability to climb.

Car Safety

- Never leave your child alone in the car.
- Use an approved toddler car seat correctly and wear your seat belt.

Water Safety

- Never leave an infant or toddler in a bathtub alone -- NEVER.
- Continuously watch your child around any water, including toilets and buckets. Keep lids to toilets down, never leave water in an unattended bucket, and store buckets upside down.

Poisoning

- Keep all medicines, vitamins, cleaning fluids, and other chemicals locked away. Dispose of them safely.
- Install safety latches on cabinets.
- Keep the poison center number on all phones.

Smoking

- Children who live in a house where someone smokes have more respiratory infections. Their symptoms are also more severe and last longer than those of children who live in a smoke-free home.
- If you smoke, set a quit date and stop. Ask your healthcare provider for help in quitting. If you cannot quit, do NOT smoke in the house or near children.

Immunizations

At the 12-month visit, your child may receive shots.

Children over 6 months of age should receive an annual flu shot. Children during the first year of getting a flu shot should get a second dose of influenza vaccine one month after the first dose.

Your child may run a fever and be irritable for about 1 day after the vaccines and may also have soreness, redness, and swelling in the area where the shots were given.

You may give your child acetaminophen or ibuprofen drops in the appropriate dose to help to prevent fever and irritability. For swelling or soreness, put a wet, warm washcloth on the area of the shots as often and as long as needed for comfort.

Call your child's healthcare provider if:

- Your child has a rash or any reaction to the shots other than fever and mild irritability.
- Your child has a fever that lasts more than 36 hours.

A small number of children get a rash and fever 7 to 21 days after the measles-mumps-rubella (MMR) or the varicella vaccines. The rash is usually on the main body area and lasts 2 to 3 days. Call your healthcare provider within 24 hours if the rash lasts more than 3 days or gets itchy. Call your child's provider **immediately** if the rash changes to purple spots.

Next Visit

Your child's next visit should be at the age of 15 months. Bring your child's shot card to all visits.



Illustration by
Billy Nuñez, age 16

TEACHING GOOD BEHAVIOR: TIPS ON HOW TO DISCIPLINE

DISCIPLINE IS HOW PARENTS TEACH THEIR CHILDREN

- Praise success and good tries.
- Be clear and consistent about what you expect.
- Listening is important; let your child finish the story before helping to solve the problem.
- Praising your child for good behavior works most of the time, but you will still need to set limits.
- Sometimes a time-out is needed for either you or your child.

All children want to be good and please their parents, but they need to learn how. Young children view the world as “good and bad” or “right and wrong”—nothing in between.

Teach your child right from wrong with words and actions. Children need to know when they do something bad and when they do something good.

Praising your child will encourage good behavior and reduce bad behavior, but part of a parent’s job is to correct bad behavior.

TEACH ALL THE STEPS

What seems simple, like getting dressed in the morning, has many steps for children. If your child “can’t” or “won’t” do something, it may be that your child still needs to learn the steps.

Explain the steps one at a time and then offer praise.

For example,

1. “Please get your clothes. They are on the bed.”
2. “OK, now take off your pajamas.”
3. “Now, put on your shirt.”
4. “You look very nice today. You did a good job getting dressed.”

Take time to remind your child about each step rather than doing it yourself or getting upset. It will take longer at first, but it is well worth it! Learning new skills makes your child more confident.

CATCH YOUR CHILD BEING GOOD

Watch for good behavior like listening to you, being polite, and helping others. Praise good behavior as often as possible. You can even praise a good try!

- “Nice tower. Look how high you built it!”
- “Good sharing. I love it when you play so nicely with your sister.”

Your love and attention are what your child needs and wants. But sometimes children learn that the way to get attention is to misbehave. Teach your child that being good is the best way to get your attention. Praise with words, but remember that a hug or a smile is often just right!

Children love to help. A good way for your child to get your attention is by helping with chores like folding laundry, setting the table, or assisting with simple repairs. Smile and say, “Thanks for your help!”



Children think they are special, and they are! Self-respect is the first step toward learning how to respect others. Children who are loved feel that they are special and learn that other people are special too. It's okay to say,

- "You're a great helper!"
- "Good job!"

When children are doing something good, let them know it by saying, "I like it when you..."



CHILDREN NEED LIMITS

Nobody is perfect; that's why patience is needed. When your child needs to be corrected,

1. Name the bad behavior.
2. Tell your child that the behavior needs to stop.
"No hitting! That's not nice."

While children respond best to praise for good behavior, sometimes other types of discipline are needed.

TIME-OUT—Setting limits for 2- to 5-year-olds
When saying "no" is not enough, try using a time-out. It teaches your child that misbehaving is not a good way to get your attention and it stops the bad behavior. When the time-out is over, you and your child can start all over again.

Steps for giving a time-out are:

1. Warn your child: "If you don't stop, you'll have a time-out."
2. If your child misbehaves again, briefly explain the reason. For a 2-year-old, simply say, "No hitting."
3. Have your child go to a quiet place, like the corner of a room.
4. Start the timer—1 minute for each year of age.
 - 2 years old = 2 minutes
 - 3 years old = 3 minutes
 - 4 years old = 4 minutes
 - 5 years old = 5 minutes

If your child leaves the time-out area,

- Have your child go back.
- Restart the timer.
- Explain the need to "stay put" until it's over.

Other adults caring for your child (grandparents, baby-sitters, aunts, and uncles) also need to know how a time-out works.

Other Ideas

Time-outs can be used too much. Other ways to correct your child's behavior include:

- Ignoring. When your child is doing something that is not dangerous to get your attention, try ignoring the behavior.
- Redirecting. Sometimes children misbehave because they are bored or don't know any better. Find something else for your child to do.

Correcting a child's behavior can be hard. Talk with your pediatrician for more ideas.

SET CLEAR RULES

Help your child learn the rules by making them plain. "It's time for bed sweetheart. Please get in your bed now. Then we can read a story. I'm glad you got ready for bed so quickly. I love reading to you at night."

Children will almost always test a new rule for the first few days. Hold fast; say it again and again and your child will learn the new rule. Be consistent, even when it seems like a lot of trouble!

LISTEN TO YOUR CHILD

Children are learning and experiencing many new things every day, and they want to share them. Spend time every day playing and talking with your child. Talk about the good and fun parts of the day as well as any bad or tough times.

If your child had a hard time,

1. Listen to the whole story. Without judging or talking about how to behave, let your child finish telling the entire story.
2. Find positive parts of the story to praise.
3. Teach better ways of behaving and responding.

Questions you can ask at dinner or bedtime include:

- "Tell me about what you did today."
- "What was your favorite thing that happened today?"
- "Was there anything that was hard or that you needed help with today?"

WHEN YOUR CHILD MAKES YOU ANGRY

Sooner or later, all parents get frustrated. Remember that no matter how difficult your child can be, you are the most important person in your child's life.

If you feel out of control, first make sure your child is in a safe place, like a playpen, crib, or bedroom. Then take a "time-out" for yourself.

Do something that you find relaxing to help you calm down.

- Have a cup of tea or coffee.
- Listen to music.
- Call a friend or spouse.
- Read.
- Meditate.



Feeling stressed out is natural and it will pass. When you are feeling better, go back to your child, hug each other, and start over again.

If your child is old enough, you can simply say, "I got really mad when you wouldn't listen. I'm feeling better now. I love you."

When you raise your child with praise, you will both be happier. But it takes a lot of patience and time!

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Connected Kids are Safe, Strong, and Secure

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

The American Academy of Pediatrics is an organization of 60,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults.

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American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

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**The American Academy of Pediatric Dentistry Recommends that a Child's first
Visit to the Dentist Should be by 12 Months of Age**

PREVENTIVE DENTISTRY

What is preventive dentistry?

- Preventive dentistry for children includes:
- Brushing
- Dental development
- Flossing
- Fluorides
- Oral habits
- Orthodontics
- Parent involvement
- Proper diet
- Sealants
- Sports safety

Why is preventative dentistry important?

Preventive dentistry means a healthy smile for your child. Children with healthy mouths chew more easily and gain more nutrients from the foods they eat. They learn to speak more quickly and clearly. They have a better chance of general health, because disease in the mouth can endanger the rest of the body. A healthy mouth is more attractive, giving children confidence in their appearance. Finally, preventive dentistry means less extensive, and less expensive, treatment for your child.

When should preventive dentistry start?

Preventive dentistry begins with the first tooth. Visit your pediatric dentist when the first tooth comes in. You will learn how to protect your infant's health. The earlier the dental visit, the better the chance of preventing dental disease and helping your child belong to the cavity-free generation.

"First visit by first birthday" sums it up. Your child should visit a pediatric dentist when the first tooth comes in, usually between six and twelve months of age. Early examination and preventive care will protect your child's smile now and in the future.

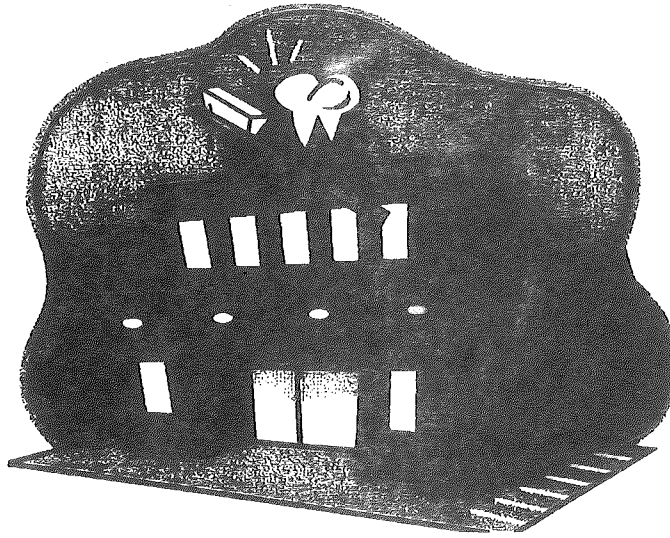
Why so early? What dental problems could a baby have?

The most important reason is to begin a through preventive program. Dental problems can begin early. A big concern is "early childhood caries", (also known as baby bottle tooth decay or nursing caries). Your child risks severe decay from using a bottle during naps or at night or when they nurse continuously from the breast.

The earlier the dental visit, the better the chance of preventing dental problems. Children with healthy teeth chew foods easily, learn to speak clearly and smile with confidence. Start your child now on a lifetime of good dental habits.

How do pediatric dentist help prevent dental problems?

Tooth cleaning, polishing and fluoride treatments are all part of your child's prevention program. But there is much more. For example, your pediatric dentist can apply sealants to protect your child from tooth decay, help you select a mouth guard to prevent sports injuries to the face and teeth, and provide early diagnosis and care of orthodontic problems. Your pediatric dentist is uniquely trained to develop a combination of office and home preventive care to insure your child a happy smile.



Local Pediatric Dentists

Little Smiles

Brad Barlow, DDS

602 N Calgary Court Suite 201

Post Falls, Idaho 83854

Phone: 208-777-9331

Pediatric Dental Center

John Ukich, DDS

1717 Lincoln Way

Coeur d'Alene, Idaho 83814

Phone: 208-667-3556 or 800-366-3580

Dentistry for Kids

Thomas Dance, DDS

1027 W Prairie Ave

Hayden, Idaho 83835

Phone: 208-772-2202