

Pediatric Partners, L.L.C.



Lots Of Love and Care

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THE ONE YEAR CHECK-UP

Return In Three Months

One of the most memorable developmental milestones that any child reaches is the act of walking alone. At this age some children may only stand momentarily without support, while others will be walking for long distances without any help at all. Hand coordination continues to improve, and you will see your child pick up a tiny object by pinching it with two fingers, bang objects together, and put things into a container as well as take them out.

Children at this age may add a few words to their vocabulary in addition to "mama" and "dada". They also try to imitate some spoken words. She may respond to simple requests and will use simple gestures, like pointing with the index finger and shaking her head to say "no"!

Social activity is evolving and is encouraged through repetitive games like peek-a-boo and pat-a-cake. Children like to imitate actions like talking on the phone. Your child may be shy or anxious around strangers and may cry when mom or dad leaves the room. This is also when your daughter will begin to test your responses to certain behavior, like dropping food on the floor to see if you will pick it up. Kids at this age love to wave "bye-bye", especially to the doctor when the exam is over.

FEEDING/NUTRITION

Even though your child is continuing to grow and develop, her rate of growth is now going to slow down. This leads to a decrease in appetite even though activity has increased. Your child may not want to eat quite as often as in the past and will eat or drink different amounts at different times. This is the time to start feeding her at family mealtimes with an additional 2-3 snacks a day. Make sure to prepare nutritious foods and avoid those high in sugar. Avoid battles at mealtimes. You can save the food for a later time when she is hungry; however, avoid giving sweets and less nutritive foods after a regular meal has been refused.

Check-up Snap shot

WT _____ % _____

HT _____ % _____

HC _____ % _____

Immunizations

DTaP _____ HepB _____

HIB _____ MMR _____

Polio _____ Varivax _____

Try to let your child feed herself to experience touching and mouthing a variety of foods. Sometimes it takes awhile for children to like certain foods, so do not give up too soon. Continue to avoid large and hard chunks of food that could lead to choking and supervise all meals. Hopefully you have weaned your child from the bottle to the cup if she has been on formula or taken breast milk from the bottle. Now is the time to switch from formula to whole milk. The amount of whole milk taken in a day should be about 16-20 ounces. You certainly may continue to breast feed your child and call our office for advice when you would like to wean off the breast. Other liquids given in addition to nursing should be given with the cup.

GENERAL CARE

Continue to maintain a consistent bedtime routine and have your child sleep in her own bed. Avoid using the bottle at bedtime. If your child wakes up at night keep interaction to a minimum so she does not rely on you to fall back asleep. Continue to use consistent rules and structure to discipline your child. This includes gentle restraint and "time out". Do not forget to praise your child when they are being good so she will not misbehave just to get attention. Make sure alternate caregivers know your rules so they can be used consistently.

Encourage new experiences and allow your child to participate in various play activities with a variety of people. Spend time reading and talking to your daughter to promote language skills. Keep television watching to a bare minimum. This is a good rule to apply to all family members.

Children at this age will occasionally get illnesses associated with high fever. These illnesses are mostly caused by viruses and will not respond to antibiotics. Call the office if you are concerned about your child during one of these illnesses.