



BAYSIDE MEDICAL GROUP, INC.

Well Child Notes

Name: _____

Date: _____

Height: _____ Percentile: _____

Weight: _____ Percentile: _____

Head Cir: _____ Percentile: _____

Acetaminophen (Tylenol) dose:

_____ ml every 4 hrs.

Ibuprophen (Advil or Motrin) dose:

_____ ml every 6 hrs.

TODAY YOUR CHILD RECEIVED: (if checked)

- Varicella (Chickenpox) vaccine
- Tuberculosis skin test
- Hemoglobin test _____

NEXT VISIT: _____

Safety

- Kids need consistent supervision. They are smart, but they don't have any sense. Childproof with a new focus on climbing activities. Lock away matches, poisons, medicines, guns. Review Bayside handout.
- Eliminate poisonous plants in house and yard.
- Minimum weight to ride facing forward in car seat is 20 pounds; the backward seat is still safest. Do not put child in a seat with an airbag.
- Watch for choking hazards—cut food small and eat only while sitting down.
- Set water heater temperature to less than 120°F.
- Use sunscreen and hats.
- Keep toilet lid down and bathroom door closed. Never leave your child alone in the bathtub or near water.
- Check your smoke detectors.
- Teach safety around streets, water, animals, and strangers.

ONE YEAR WELL BABY EXAM

Nutrition

Babies can now have a full diet. Their appetites might decline a little now, and almost certainly will during the coming year. This is the traditional time to change over to whole cow's milk – babies need more fat in their diet than we do. 18 to 24 ounces a day is about right. Not too much juice, maybe 6 oz. a day, and dilute it 1 to 1 with water. Most children limit their bottles now to naps and bedtimes.

Dental

Brushing or wiping teeth with a soft cloth at least once a day is good. Avoid propping bottles in bed. Pretty soon you can try fluoride toothpaste, once your child knows how to spit it out.

Development

This is a very exciting time for language, the most explosive growth of a person's life. A one year old says only a word or two, but understands a lot. They stand alone, may walk, scribble, and start to imitate.

Discipline

Practice positive parenting (see Bayside handout); catch your child being good, and give approval! It is necessary to make a correction sometimes; if he or she is doing something you don't like, try to distract him or her. Don't make "no" your most frequent word! Time Outs: one minute per year of age. Not a punishment; rather, a time to gather oneself together.

Play and Toys

Continue doing things that are fun together, and be warm and close. New things now will be toys to push and pull, balls, cars & trucks, squeeze toys, large blocks. Also, have fun with large dolls and puppets, tub toys, containers and large empty boxes. It's fun to scribble with large pencils and crayons.