



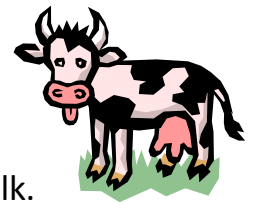
12 Month Old Well Child Visit

Center for Child & Adolescent Health
St. Christopher's Hospital for Children
(215) 427-5985



What will happen today:

- ◆ You and your doctor will talk about parenting, your home, your health and safety as well as your child, and keeping your baby happy and healthy.
- ◆ Your child may receive his/her one year shots.
- ◆ Your child may be tested for anemia and lead poisoning.
- ◆ If your child drinks formula, it is now time to switch to regular cow's milk.



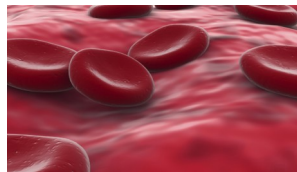
Iron Deficiency Anemia:

What causes it?

- Not eating enough iron containing foods
- Drinking more than 24oz of cow's milk per day. Cow's milk does not have much iron. It makes kids full and less likely to eat other food.

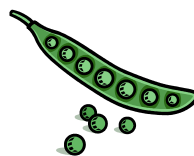
Signs to look out for:

- Tired and weak
- Pale skin
- No desire to eat
- Fussiness



How to protect your child:

- Eat a variety of green vegetables, lean meats, cream of wheat, sweet potatoes, rice, enriched cereals, beans, fruits and dried prunes
- Only 2-3 glasses of cow's milk per day
- Get your child tested!



Development:

Your baby should be able to:

- Start to take steps
- Squat and stand back up
- Drink from a cup
- Speak 1-2 words other than mama and dada
- Imitate faces and sounds



Smoke Free
Home & Car
1-800-QUIT-NOW

Poison Control Center
1-800-222-1222



Safety Corner for 12 Month Olds

<p>Home Safety</p>	 <p>Use cabinet locks, safety gates and window guards.</p>	 <p>Never leave cups of hot liquids unattended or within reach.</p>	 <p>Keep chemicals and medicines LOCKED and out of reach.</p>
<p>Water Safety</p>	 <p>Empty sinks, bathtubs, wading pools after use.</p>	 <p>Never leave your child alone in pools or bathtubs.</p>	 <p>Pools should have a locked fence on all 4 sides.</p>
<p>Car Safety</p>	 <p>Rear facing carseat until age 2 or child weighs more than car seat allows.</p>	 <p>The carseat should always be in the back seat.</p>	 <p>Never leave your child alone in the car.</p>
<p>Sun Safety</p>	 <p>Limit time spent in sun.</p>	 <p>Always use sunscreen (SPF 15 or higher).</p>	 <p>Wear protective clothing.</p>

At the next visit:

Your child will have a physical examination.

Your child may receive shots.

If you need to discuss a concern about your child, please call us at 215-427-5985.

