

Four Seasons Pediatrics

Well Visit Form for 9 Month, 12 Month & 15 Month Well Visit

Child's Name: _____ Birth Date: _____ Age: _____

Today's Date: _____

Feeding History:

- What kind of milk (breast or formula and type) does your child take? _____
- If Bottle-fed – ounces usually ingested in 24 hours: _____
- If Breast-fed: # feedings/24 hours: _____
- Is your child on solids? _____
- Does your child often have diarrhea? _____
- Any problems with feeding? _____
- Is your child on fluoride drops? _____

Behavior:

- Any problems with your child's sleeping? _____
- Does your child have any difficult behavior you would like to change? _____

Illnesses:

- If your child is on medicines, name them: _____
- Has your child had any serious illnesses since the last check up? _____

Development:

Please check the boxes to indicate if your 9 month old does the following:

- | | |
|---|---|
| <input type="checkbox"/> Pokes his/her fingers at objects | <input type="checkbox"/> Babbles and imitates sounds |
| <input type="checkbox"/> Sits well by him/herself | <input type="checkbox"/> Waves bye-bye or plays pat-a-cake |
| <input type="checkbox"/> Creeps on the floor | <input type="checkbox"/> Turns to your voice when you are talking |

Please check the boxes to indicate if your 12 month old does the following:

- | | |
|---|---|
| <input type="checkbox"/> Puts toys into a container (toy box) | <input type="checkbox"/> Says 'mama and dada' specifically to you |
| <input type="checkbox"/> Briefly stands by him/herself | <input type="checkbox"/> Says 2 other words besides mama/dada |
| <input type="checkbox"/> Walks with one hand held | <input type="checkbox"/> Gives you an object when you ask for it |
| <input type="checkbox"/> Uses thumb/finger to grab things | <input type="checkbox"/> Helps getting dressed (lifting his arms) |

Please check the boxes to indicate if your 15 month old does the following:

- | | |
|--|--|
| <input type="checkbox"/> Drinks from a cup | <input type="checkbox"/> Feeds self |
| <input type="checkbox"/> Identifies body parts | <input type="checkbox"/> Understands simple directions |

Social:

- Are both parents living at home? _____
- Do you have any concerns about meeting your daily needs, paying for medications, household income, food or housing, crime or other social and economic issues? _____
- Does anyone in the family have any vision, hearing or cognitive problems that would hinder communication with the medical provider? _____
- There are concerns about firearms in the home _____

Screening – Please check the box if any of the following are true:

- My child has had exposure to tuberculosis or a person with a positive skin test
- My child spends a significant amount of time in a home built before 1960
- There is a family history of high cholesterol of > 240 in either parent or grandparents
- There is a family history of heart disease before 55 in either parent or grandparents
- There is a family history of mental health concerns or substance abuse.

Vaccine Information Statements (Check One)

- I will review the in-room copy
- I will review the on-line copy at your website
- I would like a paper copy

The Wellness Times – Four Seasons Pediatrics



7th Visit - Today's Weight: _____ Height: _____

12 Months

Injury Prevention



The most common accidents that occur at this age:

- **Falling down stairs and through windows:** use gates and install safety devices
- **Pulling a hot drink** off of a tablecloth or place mat.
- **Electrical shock:** cover sockets and conceal electric cords.
- **Choking** from food in the windpipe.
- **Accidental poisoning:** Do not leave medication on dressers or leave the safety top on loose
- **Lawnmower accidents:** Do not allow your child to ride on a lawn tractor or be near running machinery. Injury from a backing up riding mower is a common tragedy.
- **Drowning:** Do not leave your child unsupervised in or near a filled tub, pool, bucket of water, ditch or cesspool.
- **Sunburns:** Use hypoallergenic sunscreen SPF 30. Avoid the sun between 10 a.m. and 2 p.m. (highest UV rays)

Nutrition

Allow your child to feed himself with his fingers or possibly a spoon. Do not focus on table manners at this

point. Avoid sugary and salty snacks. You can switch to skim (if there is a lot of fat in the diet) to 2% milk (if there is not). We now recommend no more than 2 cups per day. Anticipate a **drop off in appetite** very soon. Many parents worry about this, but it is normal. You pick **what** your child eats, let him pick **how much**. Please phase out the **bottle** now.

Cereals and Bread: Infant or cooked cereals, unsweetened cereals, bread, rice, noodles and spaghetti can be offered.

Fruit Juices: are not necessary, but you may offer up to 1 cup diluted with water

Vegetables: Introduce cooked vegetable pieces.

Fruits: All fresh fruits peeled and seeded, or canned fruits packed in water can be offered.

Proteins: Offer small tender pieces of meat, fish, or chicken. Other proteins include eggs, cheese, yogurt, and cooked beans.

Vitamins: are not necessary. Children eat 4 times as many calories per pound of their weight than adults do. Thus, if you are offering a healthy diet with the above, the American Academy of Pediatrics has recommended that

we focus on healthy eating rather than giving vitamins.

If your drinking water does not contain fluoride, your child should be taking 0.25 mg daily.

Growth and Development

Independance is a key behavior at this age.

Toddlers understand and follow many commands, but may have a hard time communicating. (They may start expressing frustration with temper tantrums within the next 6 months.)

- Most children will say about 2-4 words at this age, and will follow and understand simple commands.
- This is a good age to establish regular reading.
- Toeing out and toeing in are very common, especially if your child had bowing of the legs as an infant.
- Reward good behavior frequently. Time outs are appropriate for certain behaviors (see below)

Appropriate dosing for pain & fever relievers (see our web site also):

Acetaminophen (160 mg/5 ml)	Baby's Weight	Dose (every 4-6 hours)
	12-17 lbs	2.5 ml (80 mg)
	18-23 lbs	3.75 ml (120 mg)
Ibuprofen (100mg/5ml)	Baby's Weight	Dose (every 6 hours)
	(use higher dose for fever over 102.5)	
	13-17 lbs	¼ to ½ teaspoon
	18-23 lbs	½ to 1 teaspoon
	24-28 lbs	¾ to 1 ½ teaspoon

Fever Myths

MYTH: Fevers are bad for kids.

FACT: Fevers turn on the body's immune system. Fevers are one of the body's protective mechanisms.

MYTH: Fevers cause brain damage or fevers > 104 F are dangerous.

FACT: Fevers with infections don't cause brain damage. Only fevers > 108 F can cause brain damage. Fevers only go this high with high environmental temperatures (e.g. confined in a closed car).

MYTH: Anyone can have a febrile seizure.

FACT: Only 4% of children can have a febrile seizure.

MYTH: Febrile seizures are harmful.

FACT: Febrile seizures are scary to watch, but they stop within 5

minutes and cause no harm.

MYTH: Fevers need to be treated.

FACT: Fevers only need to be treated if they cause discomfort -- usually that's > 102 or 103 F.

MYTH: With treatment, fevers should come down to normal.

FACT: With treatment, fevers usually come down 2 - 3 degrees F.

MYTH: If the fever is high, the cause is serious.

FACT: If your child looks very sick, the cause is serious.

MYTH: The exact number is very important.

FACT: How your child looks is very important.

MYTH: Temperatures between 98.7 and 100 F are low-grade fevers.

FACT: Temperatures between 98.7 and 100 F are normal - often present in late afternoon and evening.

The Wellness Times

Immunizations

Y our child should have received the HIB Vaccine, Prevnar and the Hepatitis A Vaccine. In addition we may recommend the flu vaccine for your child and every one in the household

Next Visit



Your next health visit will be the 15-month well child visit. Please notify us as soon as possible (no later than 24 hours prior to your appointment) if you cannot make an appointment.

Discipline Basics

- The first goal of discipline is to protect your child from danger. Another goal is teaching right from wrong. Reasonable limit setting helps prevent the "spoiled child".
- Use of techniques for mild behaviors include distracting, ignoring, verbal and nonverbal disapproval, physically moving or escorting and temporary time out.

Time Out

- Time outs can be given even at this age. In general use 1 minute of time out for each year of age your child is. If your child hits another person, or uses aggressive behavior, use a time out which can consist of one of the following:
 - Remove your child from the social circle by giving a verbal and nonverbal disapproval and placing her away from everything else (toys, people, TV etc). This way she must crawl or walk back to where she was.
 - Place your child in a chair or play pen without toys. If in a chair use your back as a physical barrier to prevent your child from getting up. Set a wind up timer that your child can see and hear. When the timer goes off, say "Okay you can get up". Your child will eventually understand that he cannot get up until the timer goes off.