



## FAMILY MEDICAL CENTER

One Professional Plaza  
Rexburg, ID 83440  
208.356.9231  
Fax: 208.356.9141

For Fever: (> 101°)

### **Acetaminophen**

15 mg/kg or 1 ½  
droppersful every  
6 hours as needed  
or

### **Ibuprofen** (not Aspirin)

10 mg/kg every 6  
hours as needed

For Congestion:

Saline nose drops,  
suction with bulb  
syringe

Important Numbers

Poison Control  
1-800-222-1222

Call us if your child:

- Has a fever that persists for more than 48 hours
- Has trouble breathing
- Is vomiting for more than 24 hours
- Is excessively sleepy or lethargic
- Has persistent abdominal pain
- Has bloody stool or urine

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Weight: \_\_\_\_\_ Length: \_\_\_\_\_

## Well Care At 12 Months

### HEALTH ISSUES

- Supervise all feedings.
- Transition to whole or 2% milk (ask your doctor).
- Stop giving a bottle and use a sipping cup only. No bottle or sipping cup while in bed.
- Offer safe finger foods.
- Continue cereals. Offer healthy snacks, limiting sugars.
- You may now introduce eggs and cheeses into diet.
- Know how to use a thermometer to take a rectal temperature.
- Avoid direct sun exposure. Use a sunblock - SPF 15-30.
- Continue fluoride supplement if recommended by your doctor.

### SAFETY ISSUES

- Continue safe car seat use. Read instructions for proper installation.
- Install and test your smoke detector in or near your baby's room.
- Childproof your home (poisons, medicines, guns, plastic bags, sharp objects, cords, outlets, cigarettes, hot liquids, latches on cabinets).
- If you haven't yet, purchase a bottle of Activated Charcoal to have on hand in case of ingestion of a poison.
- Avoid choke hazards (peanuts, popcorn, hard candy, whole grapes, raisins, carrot sticks, small toy pieces).
- Use a bike helmet for your toddler (and yourself) if riding on the back of a bike.
- Supervise activities, especially around lawnmowers, large dogs, cars.
- Place crib mattress on lowest setting.

### YOUR BABY SHOULD...

- Respond to his or her own name.
- Continue to babble and understand the meaning of a few words.
- Crawl, sit up, cruise (walk holding on) and possibly walking (9-15 months).
- Shake and throw objects, often putting objects in mouth.
- Pick up small objects with fingers; oppose thumb with tip index finger (fine pincer grasp).
- Begin to understand the meaning of "no".
- Have bowel movements at least once every 3 days if formula fed, once every week if breast fed.

### YOU SHOULD...

- Praise your child at every opportunity.
- Talk (in adult manner) and sing regularly to your child.
- Continue to read books to your child.
- Encourage self play as well as with others.
- Limit the number of rules, but be consistent with them.
- Do not allow hitting, biting or mean behavior.
- Have a bedtime routine and put baby to bed in his or her own room.
- Keep a family picture near baby's bed so it can be seen at night.
- Eat meals as a family.
- Offer comfort objects (stuffed animals, blanket).
- Do not push for early toilet training.
- Expect self-exploration of genitalia.
- Start being an example of the type of person you want your child to grow up to be - they are like sponges from this time on, and absorb everything around them !
- Spend time alone with your spouse - one of the best thing you can do for your baby is to maintain a quality relationship with your spouse.