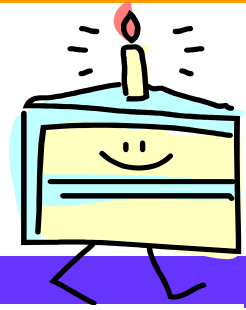


Baton Rouge Clinic  
Pediatrics

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# Happy Birthday Baby!



Congratulations on making it through the first year!  
You are now entering the infamous Terrible Twos... *Good Luck!*

## Vaccines Today

- Prevnar-  
pneumococ-  
cal infec-  
tions
- Hepatitis A-  
protects  
against vi-  
ral liver  
disease
- Influenza-  
October

:

Infant  
Tylenol dose  
\_\_\_\_\_ ml  
every 4-6 hours

Infant  
Motrin dose  
\_\_\_\_\_ ml  
every 6-8 hours

## Development

You are probably starting to realize that your baby is becoming his own person and learning to communicate his wants and needs to you. He should soon be pointing to things and wanting you to label them, pointing to let you know what he wants, and saying at least two words. He should be saying several unintelligible words together (jargon). Many babies walk around one year of age, but this varies anywhere from nine to fifteen months. Your baby should at least be cruising around the furniture and maybe walking behind push toys or pushing objects in front of her as she takes steps behind it. She may be able to stand alone for a few seconds. She should be able to bang two blocks together while holding one in each hand and play pat-a-cake and peek-a-boo by doing the motions herself. He should be able to pick up small objects using a pincher grasp (with the tips of his forefinger and thumb) and he should be able to locate objects placed under a blanket when he watches you hide it. Your toddler should enjoy watching adults or older children and soon start imitative behavior, like talking on the phone, brushing his hair or teeth or pretending to clean.

### Temper Tantrums

*You may soon start to notice the emergence of the dreaded temper tantrum. This commonly begins around 12 months, peaks around 15-18 months, and ends somewhere around college, from what I understand. Most temper tantrums result from a toddler's emerging independence, rapidly developing receptive language (his ability to understand what you are saying) and slowly developing expressive language (his ability to tell you what he wants). Yes, the time has come for you to be horribly mortified that it is YOUR precious child screaming at the top of her lungs and/or roll on the floor because she can't have that toy. It's happened to all of us! The best way to handle temper tantrums is to simply ignore them, or if necessary, take your child to a quiet place to calm down. As his speech progresses and he realizes you won't give in, tantrums will become less frequent and less painful for everyone!*

## Nutrition

Your toddler should be eating three meals a day at the table, with healthy between-meal snacks. Avoid sweets and processed sugars as much as possible. You should be switching to *whole* milk now and should continue this until he is two years old. Ba-

bies this age need higher levels of fat in their diet to help with nerve development in the brain, and whole milk is a vital source of this.

If your child has shown signs of allergies, ask about alternatives to whole milk. Encourage finger feeding and choose those foods she can easily feed herself, as soon she will not want

you to feed her. (That emerging independence thing again.) Try to discontinue the bottle and use sipper cups, and remember that you should never put your baby to bed with a bottle, as it leads to severe cavities. Remind all caregivers to avoid foods that represent a choking hazard, such as hot dogs, nuts, popcorn or whole grapes. Vitamins are usually not necessary in a toddler's diet as long as they eat a variety of foods. Ask about supplements if you have concerns.



### Teeth

We will apply a fluoride varnish to your baby's teeth today. Brushing with a "smear" of fluoride toothpaste daily is now recommended. Unless there are concerns, dental visits are usually not necessary until 2-3 years of age.

## Safety

- Keep your house baby-proof. A baby at this age is into everything—he can climb, open drawers, bottles and doors. He doesn't understand danger, fears nothing and doesn't remember *NO* when exploring.
- Reset your hot water heater to 120-130 degrees Fahrenheit and watch your baby in the kitchen. In case of a burn, put cold water on the burned area immediately and then call the office.
- Guns in the household represent a deadly temptation. Keep any firearms locked away from children of any age and teach children respect for what a gun is capable of.
- It is recommended that your baby remain rear-facing until the age of two. Make sure it is installed according to the manufacturer's instructions and take advantage of any free car seat checks that are offered in the community. Don't forget to buckle up, too—your baby needs you and you are his best example!



## Until next visit...

Remember to continue to read to your toddler and have "conversations" together. Encourage babbling and soon words will start to form!



Your baby's next visit will be at 15 months old unless we have discussed something different. See you then!