

13 Months

Date: ___/___/___

Patient Name: _____ D.O.B.: ___/___/___ Age: _____ Ht: _____ Wt: _____

HC: _____

PREVIOUS Exam: ___/___/___ Ht: _____ Wt: _____

Vitamins: _____ Breast-Whole Milk: _____

Foods: _____ Immunizations: _____ Next Appt.: _____

Nutrition:

- You may switch your child from formula to whole (4%) milk. Encourage cup, wean off bottle.
- Your child's appetite may be variable and your child may eat very little. This is normal as the rate of growth is slowing down.
- Encourage your child to use a cup and a spoon. Try to transition off the bottles to sippy cups as soon as possible.
- Most children at 1 year of age weigh about three times their birth weight.
- Your child may begin to eat table foods. Avoid foods that can cause choking or be aspirated, such as popcorn, nuts and hot dogs cut into circles.
- Vitamin supplements are generally not necessary.
- Start setting limits on pacifier use.

Accident Prevention:

- Continue to use an approved car safety seat. Infants should be rear-facing until they are 24 months old.
- Poison Control # 800-222-1222.
- Be careful of hot liquids on the stove or table top-move them back from the edge and turn pot handles to face the back of the stove.
- Store all medicines and cleaning supplies out of your child's reach. Use safety latches on drawers that contain dangerous objects, such as scissors and knives.

Sleep:

- Establish a bedtime routine and relatively constant bedtime.
- Your baby may experience some night wakening. If this happens, do not play, feed or take your child into your bed. Use a transitional object, such as a favorite blanket, toy or doll, to help soothe her back to sleep.

Development-Most babies at this age:

- Stand alone.
- Cruise around furniture or walk alone.
- Have a precise pincer grasp with their thumb and index finger.
- Put one object inside of another.
- Try to build towers of cubes or blocks.
- Drink from a cup.
- Imitate words.
- Say "dada" or "mama".
 - Language: Encourage language by naming objects and using picture books. Use short sentences. Use less baby talk. Read to your child.
 - Toys and activities: Blocks for building and stacking, naming body parts, smelling things, toy telephone, rolling ball back and forth, pat-a-cake are good toys and activities for this age.
 - Independence: Children this age are becoming more independent. They want to do more for themselves. This normally leads to expected oppositional behavior. Your child may seem to resist everything that you want them to do. Try not to get into a power struggle over everything. Allow a reasonable amount of freedom within a safe environment.
 - Discipline: Use positive reinforcement for most behaviors. There should be few prohibitions or rules, but be very firm about those you choose to enforce. Above all, be consistent and persistent.

14-15 MONTHS

- Walks well alone.
- Scribble on paper.
- Point to body parts on request.
- Indicate wants by pointing or vocalizing.
- Limit TV viewing.

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