

**Pediatric Associates of North Texas**  
**Carolyn D. Ashworth, M.D.**  
**972-867-6880**  
**www.drCarolynAshworth.com**

Wt. \_\_\_\_\_ % Ht. \_\_\_\_\_ % Head \_\_\_\_\_ %

**ONE-YEAR VISIT**

Your toddler will become increasingly independent over the next few months; exploration of a safe environment is key to toddler development. Playpens should be used as a safety island only when you cannot be immediately present.

Your child's appetite will probably decrease during the second year; encourage foods from all food groups, foods high in iron and nutritious snacks.

You may give your child whole milk, 10-24 oz/day, if your child will take that much.

Encourage toddler to use a spoon.

If your baby is not already on PolyViSol with iron daily, start now.

Learn Heimlick Maneuver for choking.

Develop routine of brushing teeth 2 times/day with soft brush. No toothpaste.

Encourage good behavior through positive reinforcement.

Limit the number of rules to essentials for safety and family functioning and enforce them consistently. Never leave the baby alone near or in a bathtub, pail of water, wading or swimming pool, or any other water, even for a moment

Car seats should face backward until two years old.

**AT THIS VISIT YOUR CHILD MAY RECEIVE THE FOLLOWING IMMUNIZATIONS:**

**DTaP   Hib   MMR   Polio   Hep A   Hep B   Chicken Pox   Prevnar   Flu**

**NEXT WELL CHILD VISIT:**

At 15 months of age; DTaP, Hib, and Hep A will be given. Blood will be drawn to check for anemia and lead.