

Congratulations on your baby's 1<sup>st</sup> Birthday.

Your baby will receive 3 vaccines today

- **MMR #1**
- **Varivax #1**
- **Pevnar #4**
- **Screening for anemia, TB**
- **Please let us know if you have concerns about lead or TB exposure**

All vaccines are Thimerisol free. Accurate Vaccine information  
[www.cdc.gov](http://www.cdc.gov), [www.vaccineinformation.org](http://www.vaccineinformation.org) [www.aap.org](http://www.aap.org) [www.babyzone.com](http://www.babyzone.com)

**You may offer Infant Tylenol 1.2ml (18-23lbs)/1tsp (24-35lbs) Now and again in 4-6hrs. Tylenol is toxic, do not offer more than 4 doses/24 hours**

**Children's Motrin for teething or fever ½ tsp=2.5cc every 6-8 hrs**

- **May Change to forward facing car seat. If your baby walks and weighs > 20 lbs.**
- **May wean off breast milk/formula to Whole or 2% Milk.**
- **Try not to offer bottle/feed during night.**
- **Wean off bottle before molar teeth are present.**
- **Try to let baby self-southe at night**
- **May offer table foods, never leave a child unattended while eating**
- **[www.Gerber.com](http://www.Gerber.com), most web sites have coupons**
- **Call office for fever > 102.**
- **Nurse advice 210-22-NURSE**
- **Bring IMMUNIZATION RECORD to all well child visits.**

**Developmental milestones:**

- **Vocabulary 3-5 words, Mama and dada specific**
- **Stranger anxiety, cries when parent leaves**
- **Shows preference for favorite toy or blanket**
- **Repeats sounds or gestures**
- **Tries to self feed or finger feed**
- **Indicate needs or wants**
- **Pulls self to stand, walks a few steps**

**Use Play to help your baby learn:**

**Repeat names of objects when offering them to your child, cup, ball, blanket**

**Read to your baby regularly**

**Encourage self play, offer a bucket of age appropriate toys**

**Behavior:**

**Establish a dally routine for meals naps, baths and bedtime.**

**Smile when your child displays good behavior**

**Do not let your toddler get too hungry or tired**

**Feeding:**

**Make meal time family time**

**Avoid foods which could cause choking, Candy, hot dogs, popcorn, peanuts corn, carrots**

**Common food allergies: Nuts, Eggs, Milk, Soy and Strawberries, be aware of reactions**

**Be Safety aware! Never leave your child unattended near water, Always use a car seat. Poison proof your house. Poison Control: 1-800-352-2222**

If you have any concerns about your baby's growth or development call to make an appointment. Thank you for entrusting us with the care of your child.

Boerne Pediatrics [www.boernepeds.com](http://www.boernepeds.com) 830-816-5055