

Congratulations on your baby's 1<sup>st</sup> Birthday.  
Your baby will receive 3 vaccines today

- MMR #1
- Varivax #1
- Prevnar 13 #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:

- o Vocabulary 3-5 words, Mama and dada specific
- o Stranger anxiety, cries when parent leaves
- o Shows preference for favorite toy or blanket
- o Repeats sounds or gestures
- o Tries to self feed or finger feed
- o Indicate needs or wants
- o 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 daily 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