



## INFANT EXAM – ONE YEAR

Date \_\_\_\_\_

LENGTH \_\_\_\_\_ WEIGHT \_\_\_\_\_

### DEVELOPMENT

1. Most are walking by now (range 9-15 months).
2. Many are saying a few words.

### ACCIDENT PREVENTION

1. *Always* use a car seat. (The car seat should face the rear until the child is 1 year of age **and** 20 pounds.)
2. Falls – they *will* occur. Call if vomiting occurs after a head injury.
3. Do not store toxic substances in empty soda bottles, glasses or jars. Lock up potential poisons.
4. Refresh your infant-child CPR training – especially choking prevention.
5. Protect your child from hot liquids – especially in the kitchen.
6. Drownings can occur in the bath, ditches, buckets of water, wells, ponds, wading pools, or swimming pools – either yours or your neighbor's.
7. Children may be able to climb out of the crib soon – lower the crib mattress, if needed.
8. Fence your child's play area outside.
9. Keep children away from running machines, lawn mowers, driveways.
10. **Remember – Poison Control 1-800-764-7661.**

### NUTRITION

1. Try to offer a well-balanced diet.
2. Avoid nuts and popcorn, uncut hot dogs (you can serve them cut lengthwise), and raw carrots. Be cautious with whole peas, corn, grapes, raisins, pizza crust, and any other small, round firm food.
3. Encourage a cup – try to decrease bottles.
4. Always watch your child while eating.

### ILLNESS

1. Acetaminophen Drops – 1.2 mL every 3-4 hours if temperature over 101 degrees rectally.

### NEXT VISIT

At 15 months of age.