

## OLD TAPPAN PEDIATRICS

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215 OLD TAPPAN ROAD  
OLD TAPPAN, NJ 07675  
(201) 666-1001

55 WEST MAIN STREET  
BERGENFIELD, NJ 07621  
(201) 385-7300

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### TWELVE MONTHS (Happy Birthday!!)

#### MILESTONES

Usually stands and may walk a few steps  
Says a couple of words, responds to name  
Feeds self with help

#### NUTRITION

Whole milk. May switch directly if on a milk based formula.  
If on soy or another formula, wean slowly to whole milk. Discuss with us.  
Table foods and cup feeding. (start weaning from bottles and pacifiers if still being used)  
Limit juice intake (everything in moderation....)  
May now have whole egg and honey.  
Start new foods 4 days apart in order to assess allergies.  
AVOID CHOKE FOODS – whole grapes, nuts, popcorn

#### VITAMINS

Polyviflor 0.25 mg. Give 1 dropperful daily

#### ANTICIPATORY GUIDANCE

Car seat in back seat, facing backwards till 2 years of age  
Smoke free environment

#### NEVER USE WALKERS

Continue Child-proofing your home (you'll never regret making your home a bit safer)  
Water safety - bathtub, pool, and bucket  
Protect from electrical outlets and plugs  
Protect from medicines (vitamins), cleaners, perfumes, and the drawers and purses that may contain these things.  
Protect from hot liquids, dangling cords, pulling tablecloths, and sharp table edges

POISON CONTROL CENTER 1-800-222-1222

NEXT VISIT – 15 months old