

# Advanced Pediatrics

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## 1 YEAR OLD VISIT

### GENERAL ISSUES

#### 1) **Fluoride and Vitamin D Supplementation**

Give 1 cc of 0.25 mg PolyVitamin with Fluoride daily.

Note: Too much fluoride can lead to fluorosis of the teeth. Use fluoride-free toothpaste until your child is two years old and you are sure toothpaste is not being swallowed.

#### 2) **Limit Setting**

Children need to learn proper coping mechanisms. Giving in to temper tantrums may lead to bad habits that are much harder to break as your child grows. Setting limits will help establish these coping mechanisms.

If your child is exhibiting unwanted behavior or engaging in a dangerous activity, use a firm "NO" and redirect your child to another activity. Children this age are still too young to understand discipline and time-out.

Spanking has not been shown to improve disciplinary problems and can lead to increased aggression and emotional scarring.

### SAFETY ISSUES

#### 1) **Infant Car Seat**

Once your child is over 20 pounds you may turn the car seat around.

#### 2) **Baby Proofing the House**

a) Poisons and Pills – Keep cleaning supplies and medication locked up and out of reach.

b) Pointy Objects – Pad sharp and hard objects to avoid lacerations and head injuries.

c) Plugs – Use plug outlet covers.

d) Pieces – Clean up choking hazards, coins, paper clips, etc. and avoid giving your child toys with small pieces such as Lego's.

e) Baby Gates – Place them on staircases as they are an important part of accident prevention.

### FEEDING ISSUES

#### 1) **Table Food**

You can feed table food as long as it does not represent a choking hazard. Fruits with skin should be peeled. Peanuts and raisins should be avoided until 3 years old. A well balanced diet should consist of fruits, vegetables, starches, high protein and iron containing foods.

#### 2) **Milk**

At this point you may switch to **whole** milk. To prevent iron-deficiency anemia, limit the milk to 16-24 ounces per day.

#### 3) **Juice**

Juice has little nutritional value and has almost as much sugar as soda. Water is healthier and will not contribute to tooth decay and obesity later in childhood.