

OLD TAPPAN PEDIATRICS

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215 OLD TAPPAN ROAD
OLD TAPPAN, NJ 07675
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136 N. WASHINGTON AVE
BERGENFIELD, NJ 07621
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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. No food restrictions except choke-risk foods (whole grapes, nuts, etc).

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)
Here's the link to help
<https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Childproofing-Your-Home.aspx>

POISON CONTROL CENTER 1-800-222-1222

NEXT VISIT – 15 months old