

BOULEVARD CENTER PEDIATRICS

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Today's Date: _____

12 Months Visit

Next Visit: @ 15 Months of Age

Your Child's Weight: _____ lbs Weight% _____ Your Child's Height: _____ in. Height %: _____ HC _____ %

Immunizations Recommended: ___MMR ___Varicella ___Hep A ___Prevnar 13 ___Influenza

Vaccine Information Sheets: Please read a hard copy from the binder in the patient room or

Online at: <https://www.cdc.gov/vaccines/hcp/vis/current-vis.html>

Possible Vaccine Side Effects Include: Fever, Redness or Swelling at Injection Site, Loose Stools

If your baby develops fever, excessive fussiness or irritability, please call us at (703) 670-0300 to discuss or seek medical attention as these can also be signs of serious illness in infants.

You can treat fever with Acetaminophen syrup (160mg/5ml.) Today, your Acetaminophen/Tylenol dose is: _____ ml.

You can treat fever with Ibuprofen (100mg/5ml.) Today, your Ibuprofen/Advil dose is: _____ ml.

Referred To: _____

Referrals: Inova Speciality Center 703-970-2600; CNMC 888-884-2327; Eye: Dr. Parelhoff 703-670-4700; Early Intervention 703-792-7879 Woodbridge Health Department: 4001 Prince William Pkwy, Suite 101 703-792-7300; Labcorp 14010 Smoketown Rd, Suite 101; Quest 2080 Daniel Stuart Sq.

Family Support

- Try not to hit, spank or yell at your child.
- Keep rules for your child short and simple.
- Use short time-outs when your child is behaving poorly.
- Praise your child for good behavior.
- Distract your child with something he likes during bad behavior.
- Play with and read to your child often.
- Make sure everyone who cares for your child gives healthy foods, avoids sweets and uses the same rules for discipline.
- Make sure places your child stays are safe.
- Think about joining a toddler playgroup or taking a parenting class.
- Take time for yourself and your partner. Keep in contact with family and friends.

Establishing Routines

- Your child should have at least 1 nap. Space it to make sure your child is tired for bed.
- Make the hour before bedtime loving and calm.
- Have a simple bedtime routine that includes a book.
- Avoid having your child watch TV and videos, and never watch anything scary.
- Be aware that fear of strangers is normal and peaks at this age.
- Avoid watching TV during family time.
- Start family traditions such as reading or going for a walk together.

Feeding Your Child

- Have your child eat during family mealtime.
- Be patient with your child as she learns to eat without help.
- Encourage your child to feed herself.
- Give 3 meals and 2-3 snacks spaced evenly over the day to avoid tantrums.
- Make sure caregivers follow the same ideas and routines for feeding.
- Use a small plate and cup for eating and drinking.
- Provide healthy foods for meals and snacks.
- Let your child decide what and how much to eat.
- End the feeding when the child stops eating.
- Avoid small, hard foods that can cause choking: nuts, popcorn, hotdogs, grapes and hard, raw veggies.

Safety

- Have your child's car safety seat rear facing until your child is 2 yrs of age or until he reaches the highest weight or height allowed by the car safety seat's manufacturer.
- Lock away poisons, medications and lawn and cleaning supplies. Call Poison Help if your child eats nonfoods.
- Keep small objects, balloons and plastic bags away from your child.
- Place gates at the top and bottom of stairs and guards on windows on the 2nd Floor

and higher. Keep furniture away from windows.

- Lock away knives and scissors.
- Only leave your toddler with a mature adult.
- Keep your child close enough to touch when near or in water.
- Make sure to empty buckets, pools and tubs when done.
- If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.

Finding a Dentist

- Take your child for a 1st dental visit either by 12 months or as soon as you can after the 1st tooth erupts.
- Brush your child's teeth twice a day with a soft toothbrush. Use a small smear of fluoride toothpaste (the size of a grain of rice.)
- If using a bottle, offer only water.

WHEN TO CALL YOUR DOCTOR'S OFFICE:

Call our office at (703) 670-0300 if he or she: Has a rectal temperature of 100.4°F or higher, Cries a lot more than normal or can't be comforted, Has any illness or medical condition

Call 911 or go to the nearest ER for medical emergencies (trouble breathing with or without bluish discoloration of lips/face, high/persistent fever, excessive vomiting or diarrhea and dehydration, seizure, limp or lethargy, apnea, altered mental status, un-consolable crying, motor vehicle accident and injury.

Poison Help: 800-222-1222

Child Safety Seat Inspection: 866-Seatcheck or seatcheck.org