

1 YEAR VISIT

Date: _____

Name _____

Age _____ Weight _____ Length _____

Bright Futures



At Today's Visit

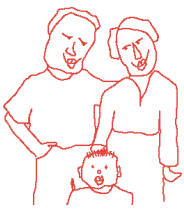
- You and your health professional will have an opportunity to talk about your toddler's growth and development.
- Your health professional will ask for an update on your toddler's health.
- Your toddler will have a physical examination.
- You will be asked about your toddler's possible exposure to lead.
- Your toddler may be checked for anemia (iron-poor blood).
- Your toddler may have a blood test.
- Your toddler may be tested for tuberculosis.
- Your toddler will receive one or more immunizations: hepatitis; Hib; polio; MMR; chickenpox. Ask your health professional about them.
- You will have an opportunity to ask questions.



Things You May Want to Discuss During This Visit

- Involvement of other family members in the toddler's care.
- What you and your partner think about discipline.
- Your toddler's sleeping, eating, and playing patterns.
- Childproofing your home and checking for hazards.
- Changes in your family since your last visit.
- Some things your toddler can do now that she couldn't do at the last visit.
- Any other topics you may want to discuss.

Notes:



Name _____



Things to Keep in Mind Between Now and the Next Visit

- If your toddler weighs at least 20 pounds, switch to a forward-facing safety seat and install it in the back seat following the vehicle owner's manual and manufacturer's instructions.
- Never place your toddler's safety seat in the front seat of a vehicle with a passenger air bag.
- Supervise your toddler constantly near water. Empty tubs, buckets, pools.
- Watch your toddler closely, especially near dogs, lawnmowers, driveways, and streets.
- Use safety gates, cabinet locks, and window guards.
- Lower the crib mattress.
- Limit time spent in the sun and use sunscreen (SPF 15 or higher).
- Give your toddler healthy foods and pasteurized whole milk.
- Allow your toddler to experiment with food but do not force him to eat.
- Make an appointment for your toddler to see the dentist.
- Keep a regular bedtime routine and expect your toddler to sleep through the night.
- Choose caregivers carefully and limit the number of people providing care.



How to Prepare for the Next Visit

- Take some time to think about ways to make your next visit even better.
- Keep track of illnesses and injuries, including visits to other health facilities and the emergency room.
- Note changes in your toddler's eating, sleeping, and social behaviors.
- Write down questions and concerns about dental care and chronic health problems.
- Make a list of activities and games you enjoy with your toddler and share it with the health professional.
- Talk with your toddler about the visit with the health professional, including the physical exam, immunizations, and other procedures.
- Keep a list of topics you would like to discuss at your next visit.

What to Expect at the Next Visit

- Your toddler will have a physical examination.
- Your toddler may have a blood test.
- Your toddler may have a test for tuberculosis.
- Your toddler will receive one or more immunizations.