

CHESTNUT RIDGE PEDIATRIC ASSOCIATES, P.A.

INFANTS, CHILDREN & ADOLESCENTS

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595 CHESTNUT RIDGE ROAD
WOODCLIFF LAKE, NEW JERSEY 07677

OFFICE HOURS
BY APPOINTMENT
TELEPHONE HOUR: 7:30-8:30 A.M. MON. THROUGH SAT.

TELEPHONE:
201-391-2020

12 MONTH OLD (NO. 12)

Breakfast

(7-8:00 a.m.)

Tri-Vi-Flor 0.25 mg., 1 dropperful
Cereal
Egg (1-3 times per week)
Fruit
Breads, muffins
Waffles, Pancakes, French toast
Milk

Lunch

(11:30 - 12:30)

Soup
Pasta
Vegetables
Cheese/yogurt
Fruit
Sandwiches, cut up in small pieces
Milk or dilute juice

Snack

2:00-3:00 p.m.

Milk
Crackers
Dry cereal
Fruit

Dinner

(6:00 p.m.)

Pasta/rice/beans/grains
Vegetables
Meat or fish
Fruit
Milk

FEEDING SUGGESTIONS

Baby should be finger-feeding most of his food and may begin to use a spoon (*clumsily at first*). Messiness is normal and should be tolerated! Over the next several months baby will begin to eat the same food as the rest of the family. Whole eggs (*well-cooked*) can be given 1-2 times per week. Ground beef must be prepared very well-done to avoid bacterial illness. Avoid prepared foods that have preservatives and are high in sodium. Citrus fruits and juices can be slowly introduced. The baby should be drinking well from a cup. Breastfeeding can continue as long as mother and baby feel comfortable. Baby should begin weaning off the bottle between 12-15 months and the process should be completed by 18-24 months. Whole milk may begin if there is no history of allergy. Do not use low-fat or skim dairy products until child is 2 years old or your doctor advises you otherwise. Limit milk intake to 16-22 ounces per day. Avoid foods that may cause choking (*peanuts, popcorn, grapes, raisins, hot dogs, raw carrot*).

GROWTH AND DEVELOPMENT

Baby has tripled his birth weight and gained 8-9 inches in height. Growth over the next year will be less dramatic (*4-5 pounds*) and may occur in "spurts".

The infant usually sleeps 12-14 hours per day, with 1-2 naps daily.

Baby will be crawling well, pulling to stand, cruising, and may stand alone briefly. Some may be walking, others will wait until 14-16 months to walk alone.

Baby enjoys social contact and games (*peek-a-boo*). She claps hands, and waves bye-bye. Can throw a ball. Says mama, dada, appropriately and will soon develop a 2-3 word vocabulary. Encourage speech development by **READING** to your baby. Baby loves to explore the outdoors in nice weather.

Some babies enjoy play groups or baby exercise classes, although during winter months they will increase baby's exposure to colds and other viruses. Do not enroll in baby swim classes that include underwater immersion.