

































DOSING CHART

Acetaminophen: Give every four to six hours as needed. Don't exceed five doses in 24 hours.

Acetaminophen	mL = milliliter tsp = teaspoon					
	Weight	Infants' Oral Suspension	Children's Acetaminophen Oral Suspension	Children's Acetaminophen Meltaway Chewable Tablets (80 mg)	Jr. Acetaminophen Meltaway Chewable Tablets (160 mg)	
6-11 lbs.	1.25 mL 	—	—	—	—	
12-17 lbs.	2.5 mL 	—	—	—	—	
18-23 lbs.	3.75 mL 	—	—	—	—	
24-35 lbs.	5 mL 	5 mL (1 tsp) 	2 tablets 	—	—	
36-47 lbs.	—	7.5 mL (1.5 tsp) 	3 tablets 	—	—	
48-59 lbs.	—	10 mL (2 tsp) 	4 tablets 	—	2 tablets 	
60-71 lbs.	—	12.5 mL (2.5 tsp) 	5 tablets 	—	2.5 tablets 	
72-95 lbs.	—	15 mL (3 tsp) 	6 tablets 	—	3 tablets 	

Ibuprofen: Give every six to eight hours as needed. Don't exceed four doses in 24 hours. Always give with food.

Ibuprofen						
	Weight	Infant Drops 50 mg/1.25 mL	Children's Suspension Liquid 100 mg/5 mL	Children's Chewable Tablets 50 mg each	Jr. Strength Chewable Tablets/Motrin Tablets 100 mg each	
12-17 lbs.	1.25 mL 	—	—	—	—	
18-23 lbs.	1.875 mL 	—	—	—	—	
24-35 lbs.	—	5 mL (1 tsp) 	2 tablets 	—	—	
36-47 lbs.	—	7.5 mL (1.5 tsp) 	3 tablets 	—	—	
48-59 lbs.	—	10 mL (2 tsp) 	4 tablets 	—	2 tablets 	
60-71 lbs.	—	12.5 mL (2.5 tsp) 	5 tablets 	—	2.5 tablets 	
72-95 lbs.	—	15 mL (3 tsp) 	6 tablets 	—	3 tablets 	

*If under 6 months of age, please consult your pediatrician.

PEDCARE
Children's Clinic

Address : 3001 W Illinois Ave Ste # 1A, Midland, TX 79701

432-695-6300

12 MONTH CHECKUP

Date: _____

Weight: _____

Length: _____

Head Circumference: _____

Next Visit: **15 Months of Age**

Laboratory

- Blood work may be done today if not done at the 9 month check up.

Nutrition

- Weaning from the bottle should be completed and changing to table food should be well under way.
- Whole milk and other liquids will replace formula and breastmilk.
- Because growth has slowed down, the appetite will decrease. This is okay and you should not push your child to eat.
- He/she should be using a cup.
- Continue fluoride supplement if you have well water.

Behavior

- You may begin to see more independent behavior. Temper tantrums may begin.

- Ignore temper tantrums.
- Try not to punish your child with spanking or shouting. A firm NO is most effective. You may begin to use time-out.
- Try distracting or redirecting your child to avoid unwanted behaviors.

Development

- Your child may be able to say at least 1-2 words other than Mama and Daddy, and he/she will understand many words.
- He/she will be walking by now or will be soon.
- He/she will be able to feed himself /herself with his/her fingers.
- Talking to your child and looking at picture books will help with language development.

Teething

- You can begin to get your child familiar with using a toothbrush.
- Using only water is fine, but if toothpaste is used, toothpaste without fluoride is recommended.

Safety

- Accidents are still very common, especially falls. Refer to the Car Seat Safety handout provided at

- this visit for further details.
- Be careful with small foods like peanuts and popcorn, which can get stuck in his/her airway.
- Hotdogs and grapes are also a choking hazard if not cut into small pieces.

Sleep

- The bedtime ritual continues to be very important.
- Continue to read bedtime stories.
- Continue to allow your child to go to bed sleepy, but still awake.
- Do not put your child to bed with a bottle or a cup.

Immunizations

- Please see attached sheets for vaccines given today.
- You may see fever, rash, or swollen glands about 7 to 10 days after the shots.
- You can give Tylenol every 4 hours or Advil/Motrin every 6 hours as needed (see dosing chart).
- You may see local swelling, redness, or soreness. After the vaccines are given a cool compress may be used, if needed.

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