Welcome to the 12-Month Visit

Hi, you're listening to the Baby Manual podcast, the podcast that helps you feel confident as a new parent. I'm your host, a pediatrician and mom, and the author of the baby manual, Dr.

Carol Keim. Hello and welcome to the Baby Manual podcast. This is episode 16, 12 months or one year of age. First of all, parents, I wanna just congratulate you on making it through the first year.

this was probably the hardest year in your life and think about how much your baby has grown and developed and you also have grown in developed as a person so congratulations.

For your baby's development, you should be engaging with them often by speaking with him. And a lot of times babies at this age will be repeating back sounds.

So you can teach them all kinds of things at his age. You can name objects that you see, point at things that are interesting and tell them about them.

Babies just love that. They're soaking up so much at the age, and even though they're typically not talking a lots, usually they are just saying mama, dada and one other word like hi.

they are understanding so much more than that. So just keep talking to them all of the time. Baby should be able to move away from you for a few moments, like walk away or crawl away, but they will check back often to look at you.

Make sure you have a yes space for them. An area of house where they can be safe to play with whatever is in there. That means no choking hazards and no outlets or covered outlets, or nothing that they pull down onto themselves.

Language, Social Skills, and Safe Exploration

You might want to start anchoring furniture into the walls because babies like to climb up on furniture and even things like dressers, which look really nice and heavy and stable.

If they pull the drawers out and then climb on them, those can tip over onto them and can crush them. So it's a good time to get furniture anchors going if you haven't yet.

You should be having regular date nights if possible with your partner and hanging out with friends and making time for yourself. And most parents at this age are comfortable leaving their baby with a babysitter.

So I do highly recommend that so that you get a little bit of time to yourself and get to recharge a bit. Be sure to use constant and consistent positive discipline.

So that's things like noticing and commenting on the good behavior you see. Like, oh, you got this toy for me. Oh, You put that away. They love doing things to help out at this age.

Babies love throwing things into the trash. they love wiping up spills. The love to just be helpful. Anything that you notice that they do that is helpful, just comment on it.

I see that You did that. You don't have to throw in a word like, good job, or put anything, any sort of judgment on it like that. You know, you don' just say, oh, it's good that you did that, just saying, I see that did you that and that's plenty for them and they get really excited to keep doing that then.

Try not to use the word no as much as possible. So instead of saying no, tell them what they can do instead. Instead of things like stop running or no don''t eat that, you can say things Put this in your mouth instead, or hey, give me that.

Let me give you something else. So you can use distraction and substitution to help them out at this age to learn what's OK and what not. And you'll find a lot of babies at his age, they seem to go for the more dangerous things.

It's mostly because they just haven't experienced those things yet. So they'll probably grab for scissors and knives and things that they're not allowed to have just because they are like, oh, this is a new thing.

I want to explore it. You might also notice that toys at this age, they have a lot less interest in those and more interest and household objects. So I'm not a huge fan of the expensive toys, especially electronic ones that make noises because the usually only have one purpose.

And as soon as baby figures out, Oh, I push a button and it makes this noise, there over it, So things like pots and pans, washcloths, keys, you know, things that are great to give to your baby.

I would not be handing babies phones at this age. They'll try to eat it, they might drop it. And I mean, that's a thousand dollar piece of equipment that you're giving to a tiny baby, They don't need it!

There are so many other things, I can keep them entertained at that age! So try not to give them your phone, try to not give a tablet, or show them a table yet.

Even TVs and screen time, 15 minutes a day of screen is more than enough at this age. And if they have too much screen, babies get shorter and shorter attention spans, they get more frustrated more easily, and they don't sleep as well at night.

So there's a lot of negative sides to giving them devices. they do not need it to boost their development. The very best way to their develop at this age is to talk to them, explain things to and play with them and just interact with.

Let them decide what they want to play and then go along with it and.

Positive Discipline and Toddler Behavior

Make sure you're giving your child regular downtime during the day, usually between nine months and a year or around a is where babies will transition from two naps to one nap.

So that can be an awkward transition. It usually takes a couple of weeks. for them to fully transition. But make sure you're offering them that downtime at least twice during the day right now.

And they might sleep for one of them and they just play quietly for the other time. If you are doing downtime together, you could be reading them a book or sitting on the floor with them playing a quiet game.

They don't usually scribble at this age, but it's okay to try to draw with him and just show them how to hold a crayon. Usually they'll hold it with their whole hand, not like the mature pencil grasp with three fingers, like a whole fist grasp.

And a lot of babies will try to eat those crayons. So if you're letting them color, make sure you doing it with them. But quiet time is really great at this age that they can at least get used to that sort of downtime and recover a little bit.

This is a good time to look for parent-toddler play groups too. So if you know anyone that has kids around your child's age, or if can look online for some parent toddler groups in your area, most one-year-olds are not really playing with other children, they're doing more parallel play.

They're playing on their own and there's another child nearby that they are playing But they do like to look at other children and smile with them and sometimes try to talk to them.

But also don't expect a whole lot of interaction that's normal at this age. And also, this is the age where as soon as one child is interested in a toy, everyone wants that toy.

It doesn't matter what it is, they'll all try and grab it out of their hands and cry and then, you know, something else becomes the favorite toy of the group and everyone tries to grab that one.

Totally expect that. You can talk with the other parents and ask them, you know, how do you want to handle conflict right now? Do you wanna us to step in?

do You want? To just let them figure it out on their own. Different parents will have different feelings about this. And so it's a good thing to establish also like on playgrounds and things, whether you, want your child to work it on on, their, own, or whether, You need to, step, in, of course, if a child is hurting another child, do, need, to stop in for that, For birthday party planning, if you haven't already had their birthday, remember it's mostly for the parents.

Also, If you get invited to a birthday part, make sure you give a gift to the parent like a give card or at least a card saying congratulations on making it through the first year.

The babies at a birth day party, they typically get a little overwhelmed and they might need some downtime even during the party. I would expect them to be done within an hour or two and then allow some rest and recovery time after that.

They can have cake for the first time at their birthday party. That is okay. And make sure that they've had all of the ingredients that are in cake before you give them cake and that, they're not allergic to it.

So eggs, flour, or wheat, and butter or dairy are typically what are, in cakes. Some kids will react to those things. If your baby hasn't had any exposure to these things yet, just be a little bit more cautious with the cake.

Or if they have an allergy, make you leave those out. After a year of age, a lot of babies will outgrow dairy, wheat, and egg allergies. But again, this is not the time to be testing that at their birthday party.

So talk to your doctor if your baby's had an allergy to one of those three things. And you can talk about reintroducing it or re-challenging it later.

At a year of age is where the parenting expectations really start to come to the surface. So you might notice that you and your partner don't agree on how you talk to baby and how discipline them or redirect them.

Remember, you should not ever hit a baby. And yelling at them, or screaming at, them can be really damaging to them So talk it through with your partner.

Play, Screen Time, and Daily Routines

If you are able to go to therapy together, that is a really great way to have a safe space to talk about things like expectations and ideal conditions and things that you might not have thought about otherwise.

And also just to make sure that your both connected too. And I would highly recommend a love and logic class or a similar parenting class together. Both parents need to take the parenting.

It does no good if one parent takes it because then that parent becomes sort of the authority trying to parent the other parent and the baby at the same time.

So take that parenting together so you're both on the page. Love and Logic is a really great one. it's all about empathy and understanding why your child is doing the things that they're doing.

And then connecting with them to, in the end, eventually change their behavior. But it's not a behavior modification first. It's connect with your child, figure out why they're struggling.

I like the expression, if your children is giving you a hard time, it means that they are having a harder time. So they aren't trying to give you hard times.

They're just struggling with something. And 11Logic is great for empathizing with children. So for development at one year of age, their stranger anxiety has typically gone away and they're a little bit more outgoing, but then it's going to come back again around 15 to 18 months.

So, for right now, they should be pretty social and able to approach strangers, other family members, friends, things like that. They might have a preferred parent at this age and that's pretty normal and it's not gonna be forever.

So if your baby seems to favor one partner over the other, that is a normal phase that they're going through. And just remember that you both still continue to shower your babies with love and affection and realize that don't take it personally.

They just will typically have preferred parents and its okay if they don' do. Usually they're starting to talk at a year of age. So typically they are saying mama, dada, and one other word like hi or bye.

They'll wave hi and bye at this age, they like to imitate sounds. A lot of them will do animal sounds at his age really well. And they start jabbering with inflections.

where it goes up and down like that. And even though it's not sensical, you might hear a word thrown in here or there. It's that up-and-down cadence that we're looking for as if they're talking, even thought there's no real words coming out.

Also, when babies do find a word, that might become the word for everything. And it's just because that's the first thing they can think of when they're trying to express themselves.

So they might call everything bah, for example, or whatever sound or word that they have chosen. It doesn't mean that their wrong, you know, they are not learning.

They are. They're just finding that first word first. And so you can tell them the names of things and let them try to copy you when you say the word and say it a few times, say slowly.

That's one great way to help boost their development. At one year, they're starting to point out objects. So they might point at things like airplanes in the sky or fire trucks going past or animals or other babies.

They love that stuff. So they might point things out to show you. When they do that, just get excited and tell them what it is if they haven't said the word of it.

And they'll usually bring you things to you or to play with you, so they may bring a book when they want to be read to, or they bring them a toy that they wanna play.

They play interactive games at this age, so they respond really well to peek-a-boo and patty cake at his age. And sometimes they'll try to do peekaboo back.

Birthday Parties and Parenting Alignment

But if they're not doing it back, that's still developmentally normal at the stage. They can follow simple directions at one year. So things like put this away or put in the trash or hand me that toy.

Single one step directions they can typically do at this age and they love to be helpful. They take advantage of that, let them wipe up spills, throw trash away.

Yeah, they get really excited about that sort of thing. They also start walking typically around a year of age, but usually not very well. So normally they can stand on their own for a few seconds and then fall over.

And then they'll cruise along furniture so they walk holding onto a coffee table or a couch, walk, holding hands. Some babies are advanced and they start walking earlier than a year and some babies start walk as late as 18 months and that's still normal.

So if your baby's not walking yet, it's okay. But also if they have delays in other areas, just make sure you're checking with your pediatrician that they're not having any global developmental delays.

They can also identify people at this age upon request. When you ask them, where's mom? Where's dad? They'll point at the right person. Just super cool.

At one year is when we start weaning the pacifier and the bottle. So that's because of their teeth. When their tooth come in, we want them to come nice and straight.

To wean a pacifer, if you haven't yet, there's a couple of different ways. One way is only to give it to them when they really need it. If they need to fall asleep, use it, but only give to it them.

Don't let them walk around with it in their mouth during the day. And with a bottle, one way you can wean a battle is to start progressively watering down the milk or the formula.

Now that they're over a year, they don't need breast milk, or formula necessarily for nutrition. It's okay to keep breastfeeding. So Katie use up the formal that you have, but you could also start watering it down.

start with like three quarters milk and one quarter water and then half and half, and three-quarters water, one-quarter milk, then eventually all water.

And then they should lose interest in that bottle after that. Then you can also just switch to a cup or a water bottle at this age, like an adult type of waterbottle.

One other way to win the pacifier, if the timing thing alone is not enough and they're still really dependent on it, is to snip off the tip of it. So you can start just by cutting a hole in the top of so that they can't get that full suction when they suck on.

And then maybe after a day or two, cut off a little more of the tips and then keep cutting it more and more off of until eventually there's just a tiny bit of a nub left and usually they've lost interest by then.

If these tricks are not working, you could talk to your doctor for some more tips. For sleep at this age, they're usually sleeping 10 to 12 hours at night and taking one nap during the day.

So remember that awkward transition when they are going from two naps to one, now they will still get tired and it can be hard to decide, you know, do we let them take a nap late in the, or do you just try to keep them up until bedtime?

Speech, Walking, and Early Independence

Sometimes you might need to move bedtime an hour earlier to compensate for that. And that's usually enough to help. They should have their bedtime routine fully established now.

You should be brushing teeth together now, so you brush your teeth, you brushed baby's teeth. And if your baby is struggling, I should call him a toddler now right?

If your toddler's struggling with you letting them brush their teeth then you can let them, brush, your, teeth first and then their own teeth or you, can, let, them start on their, and you finish up.

So there's a couple different options you. Can give them. But yeah, letting, the brush. Your teeth is one thing that's usually really fun for them and it's like, Oh, now it,'s my turn to do yours.

And it's sort of that trade off and they like that a little bit more than just like, I'm going to brush my teeth and then I'll brush your teeth. Make sure you're reading to them at night, sing to have whatever kind of wind down routine you normally do.

And ideally, they should be sleeping in their own room now in a crib. And you can consider moving them into a toddler bed as soon as it's okay for them to get up and out of bed.

So as they're walking well and they are able to safely get out their bed and back into it and able safely to your room to wake you up if they need you, then that's the time to switch to a toddler bed, so usually it is around age two or three that we switch the toddler beds, but it it okay to do it earlier and I know like Montessori style floor beds are also really nice where it just a mattress on the floor and then they can get of that safely and get back in to it.

It is okay to have blankets in the bed now that they're a year, but remember no pillows until they turn two and no bottles in bed. They should never have any bottles on the head.

And if you, if they are wanting a bottle after brushing teeth at night, you can give them a bottom of water and that's okay. Or you. If they still really dependent on that milk, then do that progressive watering down, starting with the three quarters, one half one quarter, and then all water afterwards.

For nutrition, they should be eating basically like an adult does at this age. So three meals and two or three snacks per day at the same time as the family.

They should sitting in their own high chair and you should allow them to feed themselves at his age, so usually at a year, you don't need to put the food into their mouth anymore.

they can put it in themselves. Of course, the typically do love to smear it all over their face, allover the highchair, throw things on the floor. and that's just part of exploring food, but also it's okay to feed them if you don't want to have a mess like that.

But do let them try to eat themselves as well. Make sure you're offering a big variety of foods. All of the food groups are okay now. It's OK to Have honey now, and it is okay have milk now but most pediatricians still recommend not giving any cups of milk.

And that is because milk does not have very many nutrients in it. It has calcium, fat and protein and you can find that in just about any other type of food.

There's calcium in dark green veggies and most kid foods are fortified with calcium. So you typically do not need milk. And then also if you want them to be consuming dairy, things like yogurt and cheese are another way to get that.

Yeah, cups of milk are okay at a year, but I still don't recommend it. I recommend only water. But it's okay to keep breastfeeding too, if And then yeah, just finish up whatever formula you have on hand.

It's not like you'd have to stop giving it at a year, but if you had a little extra, you can finish it out or you could donate it. you should be giving a cup for water at this age or a water bottle and not a baby bottle.

So water bottles with straws and they suck on is a different kind of sucking motion than sucking on a Baby bottle or abreast. And so we want them to develop their mouth and be able to suck that sort of mature suck.

Water bottles are great for that or just cups are awesome. and make sure they're eating greens every single day.

Weaning Bottles and Pacifiers

They should have at least one or two servings of greens, ideally three to five serving of green every day, and it's okay to have meat, red meat at this age.

If you're a vegetarian, make they eating lots of grains and also beans have iron in them and the grains have Iron in as well. And if they are not eating green foods or red meats very consistently, it is okay supplement them with some vitamins.

So you can do a chewable vitamin, Remember that gummy vitamins typically do not have iron in them. So check the vitamins that you're getting, make sure that there's iron and them, because your babies do need that to grow and to make blood cells.

And then you can determine what you offer to your child and what time you offered that to you child. But try to allow them to decide how much they want to eat and if they wanna eat.

And it's okay if you don't want too. A lot of toddlers will graze and I see a big variety at a year of age. Some kids will eat more than their parents do at sitting and then maybe at the next meal they'll eat one bite and say that they're done.

that can be a normal eating pattern at this age. So you just decide what you're offering and when you offer it, and then they're deciding how much. And if you are doing things like dessert, I suggest putting everything on the plate at the same time, so putting sweet foods and savory foods on a plate of the time and letting them choose what they want to eat in what order.

That's going to allow them to develop healthier eating habits later in life. Of course, you should always be offering at least a couple of healthy options during that meal, so atleast some fresh fruits and vegetables and your variety of food groups and not only sweets.

But yeah, a lot of children will choose to eat the sweet things first, but then given the option, they will also eat vegetables too. So brushing teeth, you're brushing twice a day now with fluoride-free toothpaste until they're able to spit.

Once they are able spit, it's okay to use fluorine toothpaste. And also, if you don't have fluorite in your water source, You can use a tiny bit of fluorid toothpaste, just the size of a grain of rice, and that's enough to get them their fluorides for the day.

And then you should be scheduling their first dentist checkup now. Or if they don't have any teeth yet, then, you can schedule it when their firs- first tooth comes in.

If they get to 15 to 18 months and they still don t have teeth and you're worried about it, it's okay to also schedule a dentist's check up to do an x-ray to see whether the teeth are actually in there.

But typically they are. It's usually just a matter of waiting for them. So yeah, there's a big variety in number of teeth at this age. Anywhere from, I'd say, six to ten teeth down to zero is still normal.

For peeing and pooping, if you are doing potty training, you can do that now. You can have started at nine months as well and it's okay to continue with that.

If you haven't started yet, You start off by letting your baby sit on the pot a couple of times during the day.

Sleep, Teeth, and Nutrition

if they're really resistant to it, then let them sit with their clothes on and go in their diaper still and that's fine. Or you start letting them, sit in it.

Then you maybe just take the pants off and keep the diaper on. And then, let the sit without the diapers on it and

see if anything comes out. For timing-wise, I suggest doing it after they eat.

Every time after a meal, your intestines move and it makes you want to go to the bathroom. So that's a good natural time to try to catch those pees and poops.

And then also as soon as they wake up. Usually they have to pee or poop when they It's totally okay to wait on potty training if you would like to. I know the average age in the US is between two and four years that we start with potting training, but you can absolutely start it at a year of age.

And they don't necessarily have to be walking to the potter themselves yet. It is okay just to sit them on the party yourself after those times of, you know, after eating and waking and see if anything comes out.

Usually they're peeing about six times a day at this age and pooping about once or twice per day. And if your baby is constipated, the first step is to increase water and then increase fiber, so fruit and veggies next.

Then if those aren't enough, then you can consider some prune juice or pear juice, two ounces of straight pruner pear, juice once, or two twice a, and you don't want to mix that with water because we want it to kind of irritate the gut and cause them to poop.

And if that's still not enough, talk to your doctor. They're likely going to suggest MiraLAX, which is a very safe treatment for babies. MiraLax is kind of like those Orbeez gel beads.

It just, like on a powdered level, it soaks up some water in the intestines and it makes the poops bigger and fluffier. But you do need to be giving extra water when you're doing MiraLaX because otherwise it'll just dehydrate the baby.

it will just keep pulling water into the intestine that they then poop out. So make sure you are doing lots and lots of water. That's why water is the very first step for constipation.

For skincare, just be bathing them as often as they get dirty, which, you know, at a toddler age, can be every day. They seem to always be sticky at this age.

It's just fine. That's normal. So yeah, I just wash them whenever they're dirty. If they are not dirty every, day you don't have to wash it every. Day it's okay to use lotions.

A lot of them don t need it at the age but do you sun black if they re going to be outside more than half an hour during the day and you can use insect repellent but make sure it s one that is safe for babies.

I like the citronella based ones the best. The ones that have DEET in them, DEAT is pretty toxic, so it's not great for children, but citronella is fairly safe.

They should not be eating it, you don't want to get it on their hands if they're putting their hand in their mouth. But you can spray it in on clothes, on a stroller, or wherever they are in around them and that can help protect them from mosquito bites.

For safety, your house should be child proofed now. So make sure you have outlet covers, stairway gates. You can get those clips that keep the toilet seat closed because babies can open toilets and fall in head first and drown.

The best way to baby proof a bathroom is to keep that door closed and keep them out of that room. Put barriers around space heaters. Make sure your cleaning products are locked away or up really high where they can't reach them.

Makes your electrical cords are out-of-reach because they like to pull on those. If you have a pool, make sure you a gate around the pool. Drowning is something that happens silently a lot of the times.

Babies can fall in and drown within 30 seconds, they're gone. And usually there's not a lotta flailing or splashing. They don't understand that they can't breathe in water, and they just take a deep breath inside the water and the goes in their lungs and then they drown.

Yeah, be especially careful around water at this age. Also, don't take medicines in front of your baby at this age. So your one-year-old is gonna watch every single thing that you do and try to copy everything that do.

And if they see you open a prescription bottle or even an over-the-counter medicine and put that stuff into your mouth, they're like, oh, that's what you're supposed to do when you get that staff.

If they happen to get their hands on a bottle, the will try open it and stuff in their mouth. so if you need to take pills around your babies, turn away from them.

Don't let them see opening the bottle and then drinking the water afterwards. Make sure you keep your baby in arms or in a playpen or a high chair when they're in the kitchen.

And when you're the bathroom, a lot of babies will want to stay in there with you while you are in theirs.

Potty Training, Constipation, and Skincare

They don't like to be apart from you for too long, but make sure that you have eyes on them the entire time. Even when your washing your hands, keep looking at them to make they are not falling into the toilet or turning on the water because they can get burned from the shower or bath water or they could drown in bathtub as well.

You want to set your water temperature to 120 degrees Fahrenheit or less. And that's because at 120 degree is where if a baby touches that water, they can pull their hand out before getting a scald burn.

If it's higher than that, their skin will burn faster than they're able to react to it. So 120 is the cutoff for that. Make sure you're avoiding secondhand smoke.

And also remember that if babies see people smoking and they happen to find a cigarette butt on the ground, they will put it in their mouth because they see, oh, those things go in mouths.

So don't smoke around your baby. Don't let them see you doing it. If you are smoking, and if you aren't smoking make sure to do it outside and then wash your hands and change your clothes before playing with your.

If anybody smells like smoke and they come around your baby, it means your maybe is getting those secondhand smoke particles in their lungs. It can affect them.

I can cause things like allergies, asthma and upper respiratory infections. And so I definitely try not to let your be exposed to any smoke. They should be in a rear-facing car seat until age two or until they outgrow that carseat.

So as long as your baby fits weight-wise and height- wise in the carseat that's rear facing, I'd say keep them in it. If you can keep the minute past age 2, it's still safer.

Toddlers have really big heads and relatively weak necks. And so they get whiplash real easily if you step on the brakes when they're facing forward. Whereas when their backwards, their head is cushioned by the seat.

so if step in on brakes, the head just kind of goes into the seats and it is fine and safe. Make sure you're not leaving any heavy objects or hot liquids on tablecloths or the coffee table because they will try to pull those over.

They will tried to grab at your coffee cup and take drinks out of it. So if you have hot, liquids, keep them out-of-reach of baby, like a pie on the counter.

And make sure have the poison control number saved in your cell phone, just in case, you know, if see your baby

with a bottle of something, a tube or whatever, that you think that could have been poisonous.

You can always call Poison Control and they know exactly what to do. Also, if you have any guns in the house, make sure that you keep them locked away and unloaded in a safe, because babies at this age will pick up a gun and will point it at somebody and squeeze the trigger.

They see it once and they know that that's what you're supposed to do with it. So, If you can get the guns out of the House, that is the safest, but if they're in house keep locked them away or unload it so that your baby doesn't accidentally shoot somebody, also including themselves.

All right, so for the 12 month checkup, usually they're able to sit alone on the table at this age, which is an exciting milestone for me. But yeah, make sure you're still staying really close to them, like within arm's reach or what's called touch supervision so that if you just reached out, you could touch them because they do sometimes fall off those tables and there's always a hard floor right down there.

Home Safety and 12-Month Checkup

We're going to do a full head to toe exam at this age, and we will do vaccines at that visit and the next two visits. So the two next visits are going be 15 and 18 months.

And between the 12, 15, 18 month visit, we give a total of five to seven vaccines, plus flu and COVID vaccines. There's a totals of seven to nine, depending on whether your office does combo vaccines or not.

The combo vaccine do tend to have a higher risk of causing a high fever, but also it's one less needle. It's sort of a personal preference. The 12, 15, and 18 month vaccines are variables.

So typically we'll start hepatitis A at a year so that we can give the second dose at 18 months. Sometimes they'll do it at 15 months and then two years of age.

It sort of depends on the office. but they should get two doses of hepatitis A vaccine. They're going to get a booster of DTaP and a boost of Hib over the next three visits.

And they're gonna get their flu vaccine and their COVID vaccines. And then the other two new ones are the MMR, which is measles, mumps, and rubella, And the chickenpox vaccine.

It'll be one dose of each of those. And there is a combo M. M. R. chicken pox vaccine available, but that's the one that has a higher risk of causing a high fever and potentially a febrile seizure.

So if you have any family history of adverse reactions to vaccines, I usually recommend doing those two separately. But yeah, the risk getting a fever with those too, because they are live.

M M R and chicken Pox are both live vaccines. about 1 in 2,500 babies will get a high fever if we give those separately, and about one in 1,250, so about twice as likely, but still very unlikely, will a get high-fever if give them in combination.

So yeah, their next checkup is going to be at 15 months of age. And just remember that this is the time to have their first dentist visit and also their eye exam at an ophthalmologist if anyone in the family wears glasses.

I hope you enjoyed this episode and I look forward to seeing you again in two weeks when we talk about the 15 month visit. If you'd like to connect with me on social media, I'm on TikTok, Facebook, Instagram, YouTube.

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and Kindle. The author, Dr. Carol Keim, and that's spelled K-E-I-M.

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