



12

Kapa'a Pediatrics MONTH WELL CHILD CHECK

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Newborn Milestones!!!

- Walking
- SAYING 1-3 WORDS
- Jabbers with normal inflection
- Brings you a book when he/she wants to read
- Identifies people upon request
- Shaking head "no"
- Knows their name
- Play pat-a-cake and peek-a-boo

Things to look forward to:

- Talking more
- Running
- Walking up steps
- Using a spoon or fork
- Kicking a ball

Feeding

- We do not recommend cow's milk, but if you insist then transition slowly to whole milk 0-6 ounces per day
- Baby should be weaned from bottle over the next 3-6 months
- NO juice! NO soda!
- Encourage self-feeding
- Provide a large eating space and be okay with a messy eater
- Average three large and two small meals a day
- Offer a variety of healthy foods each day (fruits, veggies, grains, meat, fish)
- NO foods or drinks with added high fructose corn syrup or sugar
- Encourage water throughout the day
- Choking: it is very rare to have a serious choking episode but these foods are high risk

- Chunks of meat
- Hard or sticky candy/gum
- Popcorn
- Hot dogs
- Whole grapes
- Carrots (Raw)

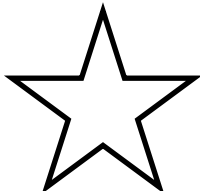
Parenting Pointers

- **Discipline:**
 - All care givers should be consistent
 - Praise good behavior
 - Provide positive distractions
 - Prevent conflict/tantrums by "toddler proofing" home
 - Say "no", and then physically remove child from the dangerous situation
 - Do not yell or spank
- Be a good role model
- Read and talk to your child
- Encourage your child to play with other children

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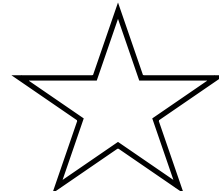
Tag us by #kapaapediatrics to share family photos, healthy recipes, fun facts, events and more!



Don't forget to check out our Website!! 😊

www.kapaapediatrics.com

Common pediatric illness, common medication dosing charts, vaccine information sheets and more!



12 MONTH WELL CHILD CHECK

Newborn Knowledge

FEVER with NO other symptoms!!! 9 out of 10 children will get ROSEOLA (most commonly around 9 months of age). This is caused by a virus that gives kids a HIGH fever for 3-4 days, followed by a rash when the fever breaks. Read about it on our website for more details if your child develops this illness.

Common Cold!!! Remember, you have Dr. Lam's "Fever" and "Upper Respiratory Infection" handouts available on the website www.kapaapediatrics.com for an in depth reference ☺ Don't forget to remember the following general tips:

1. Most common colds last for 5-10 days, with symptoms at their worst on days 4-6.
2. Fever often accompanies a common cold, but these three scenarios should have you calling for an appointment!
 - a. **Long Fevers:** starts at the beginning of the illness and last LONGER than 3 days
 - b. **Late Fevers:** occurs for the FIRST TIME after your child has been sick for a few days
 - c. **Returning Fevers:** goes away after 1-3 days but then RETURNS late in the illness
3. Worried about pneumonia??? Try not to focus only on the cough. Instead look at their overall respiratory EFFORT (Breathing fast and hard? Retractions? Grunting?). Schedule an appointment ASAP for any respiratory distress, even if it is on day 1 of illness.
4. Ear infections can commonly occur with a cold, especially if there is a lot of RUNNY NOSE and CONGESTION. They often occur AFTER 3-5 days of illness.
5. At this age there is no treatment for the common cold, which is caused by a virus.

BURNS! There is a good chance your child will get a burn during their first few years of life. Remember the following tip, for almost EVERY type and degree of burn the best thing to do is IMMEDIATELY put the burn under cold running water for 10-15 minutes. Do this BEFORE calling your doctor.

SAFETY!!!

- **BATTERIES and MAGNETS!** If your child swallows any battery or magnet it can be extremely dangerous and it is a medical EMERGENCY!!! Keep them out of reach, think about small electronics that have small circular batteries.
- **Home Checklist:**
 - Stairs blocked off with gates
 - Electrical outlets have safety inserts
 - Small objects kept out of reach
 - Cleaning products locked away in cabinets
- **Windows:** severe injuries can occur when kids fall through windows, move couches and chairs away from windows. Check screens and place window guards if necessary.
- **Car Seats:** use rear facing car seat in back seat until at least 1 years old AND 20 pounds. If your child is happy rear facing we recommended leaving them rear facing until 2 years as it is MUCH safer for the head and neck. Never put baby in front seat with passenger air bag.
- **Avoid Burns:** set hot water heater to 120 max
- **Poison Control Center:** 1-800-222-1222

Dr. Lam's Top 5 Parenting Priorities

1. Be present: spend twice as much time and half as much money on your child
2. Healthy foods makes healthy kids: continue to work towards a whole food plant base diet for your child
3. Sleep is your friend: have a strict nap and bed time routine from ages 1-5 years old
4. Reading Rules: read at least 2 times per day to your child and let your child see you reading every day
5. Media OFF, Exercise ON: no media until 2 years of age, when you fix the media problem, you will no longer have an exercise problem