



15

Kapa'a Pediatrics MONTH WELL CHILD CHECK

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New Milestones!!!

- Running and climbing stairs
- Indicates wants by pulling, pointing, grunting
- Saying 2-10 words and understanding simple commands
- Using a spoon or fork
- Drinking from a cup
- Scribbling

Parenting

- When possible, allow child to choose between 2 options acceptable to you
- Discipline:
 - All care givers should be consistent
 - Praise good behaviors
 - Provide positive distractions
 - Prevent conflict/tantrums by "toddler proofing" home
 - Say "no", and then physically remove your 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
- Take your child for walks or to play outside
- Never leave your child alone in the house or car

Healthy Habits

- Brush your child's teeth 2 times per day with water and a small rice grain size of Fluoride adult tooth paste
- Always use sunscreen, at least SPF 30
- Continue 1-2 naps per day
- **Maintain consistent bedtime and nighttime routine;** tuck in when drowsy, but still awake, if night waking occurs reassure briefly, give animal or blanket for self-soothing, no bottle in bed.
- No TV, movies, or video games
- No smoking. Ask your doctor for help. Call the Hawaii Tobacco Quit line for help:

Feeding

- **Parents decide what food is served and when food is served. Kids decide whether or not to eat and how much to eat**
- We do not recommend cow's milk, but if you insist then transition slowly to whole milk 0-6 ounces per day
- Give liquids by cup, baby should be weaned off bottle in the next 3 months
- NO juice! NO soda!
- Encourage self-feeding
- Provide a large eating space, and be okay with a messy eater
- Feed your child three larger and two smaller 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, try to avoid processed meats
- 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)

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

www.kapaapediatrics.com

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

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Toddler Tips

How did they get that!!! Here are 4 common illnesses that Kapa'a Pediatrics can manage over the phone to save you a trip to the doctor's office.

1. **Stomach Flu (Vomiting and Diarrhea):** after a few questions to make sure that nothing more serious is going on we can prescribe a medicine to stop the vomiting!
2. **Hand Foot and Mouth Disease:** fever, sores in the mouth, red spots and blisters on the hands and feet. Unfortunately this is caused by a virus and there is no treatment.
3. **Pin Worms:** Pin-X (treatment) can be bought over the counter. Call us to get pointers on how to disinfect the house and how to use the treatment correctly.
4. **Ukus (head lice):** call us at any time for pointers on how to get rid of Ukus.

What bit my kid!?!? Insect bites often cause a lot of anxiety but are almost always harmless. Keep these pointers in mind if you are worried about infection.

1. Infection RARELY occurs in the first 48 hours. Redness and swelling that is itchy but NOT tender in the first 48 hours is almost never an infection.
2. Any increasing redness and swelling that occur AFTER 48 hours is a sign of infection!
3. Spider and Centipede (very painful) bites have a higher risk of getting infected.
4. Alternating warm and cold compress every 10 minutes can increase circulation to the bite and decrease the risk of infection.

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 cabinet
- **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.
- **Prevent drowning:** always be within arm's reach near water. Never leave baby alone in tub or near water.
- **Avoid burns:** set hot water heater to 120 max
- **Poison Control Center:** 1-800-222-1222



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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.