

NEXT VISIT:

See you at twelve months of age. Your baby will receive Varivax (Chicken Pox), Hepatitis A and Pevnar #4.

Enjoy your baby's new skills. Have a great birthday party and, as someone famous once said, "Let them eat cake!"

ADDITIONAL INFORMATION ON CHOKING

Common foods and other items which may cause choking problems under 3 years old:

FOODS	OTHER FOODS
hot dogs chunks of meat grapes hard candy or m&m's (regular or peanut) popcorn or cracker jacks raisins chunks of raw fresh fish raw carrots or celery peanuts and other nuts marshmallows chewable vitamins whole kernel corn frozen peas	small toys balloons buttons crayons diaper pins coins modeling clay marbles small rubber balls

Older children may eat hot dogs if cut into strips rather than into circles. Creamy peanut butter may be eaten on a sandwich with jelly—never alone. Grapes may be slivered. Fresh fruit may be scraped, and the pulp served rather than chunks. Before serving any food, the child should be sitting well in a highchair and able to self feed. With a good pincer grasp.