

## Well Child Care at 12 Months

### Nutrition

Now that your child is 1 year old, you may start using whole milk instead of formula or breast milk. Babies need whole milk (instead of low-fat or skim) until they are 2 years old. Some babies have harder bowel movements at first with whole milk. Now is also the time to wean completely off the bottle and switch to the cup. If nursing, breast feeding is now counted as a supplement, not a whole meal.

Table foods are best now. Baby food is usually not needed anymore. No junk food! Most babies have 1 to 2 snacks each day. Cheese, fruit, and vegetables are all good snacks. Serve milk at all meals. Make sure your child gets some meat or a protein source. It may be best to serve water with meals and milk with snacks.

Babies do not grow as fast during the second year of life. Your baby may not eat as much as he used to. Trust your baby's appetite, and encourage him to feed himself.

### Development

All babies are different. Some babies have learned to walk before their first birthday. Most 1-year olds use and know the meaning of words like "mama" and "dada". Pointing to things and saying the word for them helps babies learn more words. Allowing children to touch things while you repeat the word also helps them learn new words. Be sure to smile and praise your child when he learns new things. Babies enjoy knowing that you are pleased they are learning.

As babies learn to walk they will want to explore new places. This is normal. Watch your baby closely. Babies need parents to protect them.

### Dental Care

Now is the time to begin paying attention to your child's teeth. You can gently clean them with a soft cloth or use a soft toothbrush with water and age appropriate toothpaste. Remember to never put the baby down to sleep with a bottle in the crib. This can promote cavities.

### Immunizations

At the 12-month visit, your baby should receive the Prevnar vaccine, the Hepatitis A vaccine, and the Varivax vaccine (chicken pox) in addition to any other vaccinations that may be missing. Your baby may also have some soreness, redness, and swelling in the area where the shots were given. You may give your baby acetaminophen drops (we will give you the dose) to help relieve fever and irritability. For swelling or soreness, put a wet, cool washcloth on the area of the shots as often and as long as needed for comfort.

### Call us if:

- Your child has a rash or any other reaction to the shots besides fever and mild irritability.

- Your child has a fever that lasts more than 36 hours.

If your child received the chicken pox vaccine, please note the following: a small number of children get a rash and fever 1 – 3 weeks after the vaccine. This rash may look like a mild chicken pox rash (clear blister on a red base). This will usually clear within one week in most cases.

### Safety Tips

#### Avoid Choking and Suffocation

- Avoid foods on which a child might choke easily (candy, hot dogs, popcorn, peanuts).
- Cut food into small pieces about half the width of a pencil.
- Store toys in a chest without a dropping lid.

#### Avoid Fires and Burns

- Practice a fire escape plan.
- Check your smoke detector. Replace the batteries if necessary.
- Put plastic covers in unused electrical outlets.
- Keep hot appliances and cords out of reach.
- Keep all electrical appliances out of the bathroom.
- Don't cook with your child at your feet.
- Use the back burners on the stove with the pan handles out of reach.
- Turn your water heater down to 120°F.

#### Avoid Drowning

- Never leave an infant or toddler in a bathtub alone – EVER.
- Continuously watch your child around any water, including toilets and buckets. Keep toilet seats down and store buckets upside down.

#### Avoid Falls

- Make sure windows are closed or have screens that cannot be pushed out.
- Don't underestimate your child's ability to climb.

#### Avoid Poisoning

- Keep all medicines, vitamins, cleaning supplies, and gardening chemicals locked away or disposed of safely.
- Install safety latches on cabinets.
- Keep the poison center number on all phones. The poison control number is 1-800-222-1222.

### Next Visit

**Your child's next visit should be at the age of 15 months.**

## Normal Development: 12 Month Old

Here's what you might see your baby doing between 12 months and 15 months old.

### Daily Activities

- ) Usually follows a definite daily pattern.
- ) Opens cabinets, pulls tablecloths.
- ) Usually examines an object before putting into mouth.
- ) Likes to feed self.

### Language Development

- ) Express complete thought with single syllable ("da" means "I want that").
- ) Shows definite understanding of a few simple words.
- ) Utters a few words ("Mama", "dada", "ball", "dog").
- ) Loves rhythms and rhymes.

### Emotional and Behavioral Development

- ) Shows more negativism (may resist naps, refuse certain foods, throw occasional tantrums).
- ) Continues to prefer people to toys.
- ) Has developed a deep attachment to a few familiar people.
- ) Loves to make parents laugh.
- ) Shows somewhat less stranger anxiety.
- ) May give up something on request.
- ) Displays a sense of humor.

### Motor Skills

- ) Usually walks with assistance; may walk without assistance. May also begin to enter a clumsy phase.
- ) Crawls rapidly.
- ) Stands alone.
- ) Seats self on floor.

Each child is unique. It is therefore difficult to describe exactly what should be expected at each stage of a child's development. While certain behaviors and physical milestones tend to occur at certain ages, a wide spectrum of growth and behavior for each age is normal. These guidelines are offered as a way of showing a general progression through the developmental stages rather than as fixed requirements for normal development at specific ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. Keep this in mind as you review these milestones.

If you have any concerns related to your child's own pattern of development, please give us a call.