
YOUR BABY AT 12 MONTHS

I. FEEDING/SLEEPING

- A. At this time your toddler should no longer be getting baby foods. Formula and/or breast milk may be discontinued and 2% or whole milk, in a cup, should be given. He may eat chopped or ground table food entirely by now. Allow them to feed themselves with finger foods such as fruits, vegetables, whole grain cereals, and chicken/beef.
- B. Avoid chewing gum, grapes, melons, hot dogs, nuts, and anything else she may choke on. Cut firm foods into small pieces to avoid choking.
- C. At this age, your child may begin to show less interest in food. Their growth rate at this age slows down so a smaller intake is common. If your toddler's diet is not balanced, give a daily liquid multivitamin (Poly-Vi-Sol).
- D. Milk intake should be no more than 20 ounces/day. It is now time to fully wean off the bottle and only use a cup.
- E. Water, or limited amounts of pure fruit juices via cup are acceptable, but avoid sugar-sweetened drinks
- F. **Sleep:** At this age your child often needs help slowing down – establish a bedtime routine (quiet time with parent reading or music); bedtime is not time for “roughhousing”.

II. GROWTH/DEVELOPMENT

- A. If they are still crawling, they will change from a crawl to a tottering walk. Once walking is established, sneakers or soft flexible shoes are recommended. Have them big enough so the toes aren't cramped but not so big that they slip off the feet. It's good for your child to go barefoot indoors.
- B. Vocabulary is growing: besides “dada”, “mama”, and “no”, one-year olds may begin using naming words. Despite their relative lack of words, they continue to understand much more.
- C. Children at this age love an audience. They show emotions like jealousy, affection and sympathy. They are tremendous imitators. They may at times become so frustrated with so many new things to do and learn that tantrums may occur. Since tantrums are an attention seeking device they need be ignored in order to get them to stop. Once quiet, you will want to comfort and re-direct them as soon as they “run out of steam.”
- D. Instead of always saying “no”, distraction is a very effective means of behavior modification.
- E. Safety is the most critical discipline issue at this age. Give your child a safe place to explore while making less safe places off limits. For example, put child proof latches on some cabinets (such as those with heavy pans), but leave others open (for example, the ones with plastic containers). If your toddler moves toward a dangerous object, simply pick her up, firmly say: “no, hot” and offer her a distraction such as a toy. Spanking is not an effective punishment and can increase aggression in your child.
- F. If your child still uses a pacifier, now is the time to quit. You are likely more addicted to it than your child at this point. It is much easier to remove it now rather than later: removing it at this age will generally result in only a few days of protests.
- G. Stimulation: Provide items like toy phones, bathtub toys and noisy push and pull toys for your child. Read books with simple repetitive themes and rhymes.

III. SAFETY

- A. Make sure all poisons, medicines, and weapons are locked up and smoke detectors are working.
- B. The phone number for the **Poison Control Center is 1-800-222-1222**. Keep it handy in case you or any other care-giver in your home might need it.
- C. Make sure all “tippy” furniture and appliances are firmly secured to the wall with the appropriate safety brackets.
- D. Never leave your child alone near any water (tubs, pools, buckets), not even for a second.
- E. Now that your child is walking you can expect occasional bumps on the head. Large “goose eggs” are common, but call us if your child vomits or cries for more than 10 minutes, acts confused, or walks unsteadily.
- F. Keep all small objects away from your child. If you have not taken a CPR course, we recommend doing so. Contact your local Red Cross for classes.
- G. If your home was built before 1960, you should have it checked for lead paint. A test kit can be purchased at any home improvement store, or you can contact your County Health Department for a list of approved testing contractors.

IV. WHAT HAPPENS AT THIS VISIT

- A. Your baby will have a physical and developmental assessment. Vaccines will be given and a blood test will be done today.
- B. Your child's next visit with us is at 15 months.