

---

## YOUR BABY AT 12 MONTHS

Your PMA provider is available 24/7. After hours, call 610-992-4916 and speak directly to your on-call provider. If Urgent Care services are necessary prior to office hours, we will direct you to a Pediatric Urgent Care in your area.  
Remember - #PMA knows you best!

### I. FEEDING/SLEEPING

- A. Formula and/or breast milk may be discontinued and 2% or whole milk, in a cup, should be given. 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.
- D. **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. 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. 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. 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 caregiver 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.

### V. PARENTING RESOURCE

- A. For parenting support and advice check out the Center for Parenting Education at Abington Memorial Hospital: [www.CenterforParentingEducation.org](http://www.CenterforParentingEducation.org)