

# 12 Months

## HEALTH ISSUES

Supervise all feedings.

Transition to whole or 2% milk (ask your doctor).

Stop giving a bottle and use a sipping cup only. No bottle or sipping cup while in bed. Offer safe finger foods.

Continue cereals. Offer healthy snacks, limiting sugars. You may now introduce eggs and cheeses into diet.

Know how to use a thermometer to take a rectal temperature.

Avoid direct sun exposure. Use a sunblock - SPF 50.

Brush teeth with plain water or with a small amount (the size of a grain of rice) of toothpaste. Make appointment with pediatric dentist for routine cleaning and check up.

## SAFETY ISSUES

Continue safe car seat use. Read instructions for proper installation. Here are some general guidelines:

Place seat in the back seat. Continue placing seat in rear-facing position until age of 2.

Turn the hot water heater in your home down so the hottest water you can get from the faucet is 120 degrees.

Install and test your smoke detector in or near your baby's room.

Childproof your home (poisons, medicines, guns, plastic bags, sharp objects, cords, outlets, cigarettes, hot liquids, latches on cabinets). Obtain your local Poison Control Center's phone number and keep it on hand

Do not keep 5 gallon buckets in your home (to prevent drowning).

Avoid choke hazards (peanuts, popcorn, hard candy, whole grapes, raisins, carrot sticks, and small toy pieces).

Use a bike helmet for your toddler (and yourself) if riding on the back of a bike.

Supervise activities, especially around lawnmowers, large dogs, and cars.

Place crib mattress on lowest setting.

## YOUR BABY SHOULD...

Respond to his or her own name.

Continue to babble and understand the meaning of a few words.

Crawl, sit up, cruise (walk holding on) and possibly walking (9-15 months).

Shake and throw objects, often putting objects in mouth.

Pick up small objects with fingers; oppose thumb with tip index finger (fine pincer grasp).

Begin to understand the meaning of "no."

Have bowel movements at least once every 3 days if formula fed, once every week if breast-fed.

## YOU SHOULD...

Praise your child at every opportunity.

Talk (in adult manner) and sing regularly to your child.

Continue to read books to your child.

Encourage self-play as well as with others.

Limit the number of rules, but be consistent with them.

Do not allow hitting, biting, or mean behavior.

Have a bedtime routine and put baby to bed in his or her own room.

Keep a family picture near baby's bed so it can be seen at night.

Eat meals as a family.

Offer comfort objects (stuffed animals, blanket).

Do not push for early toilet training. Expect self-exploration of genitalia.

Start being an example of the type of person you want your child to grow up to be - they are like sponges from this time on, and absorb everything around them!

Spend time alone with your partner - one of the best things you can do for your baby is to maintain a quality relationship with your partner.

## IMMUNIZATIONS RECEIVED...

Hep A, MMR, Varicella.

Side effects include pain and fever for which you can use the instructed amount of Acetaminophen (Tylenol ®) every 4 hours OR Ibuprofen (Motrin ®/Advil ®) every 6 hours as needed.

CALL IF...

Fever greater than 102 F; Lethargy, Ill appearing, or any concerns.

**NEXT WELL VISIT IN 3 MONTHS (WHEN CHILD IS 15 MONTHS OLD)**