



Well Child Care at 12 Months

Feeding

At one year of age your infant can be switched to whole cow's milk from formula, unless there is an allergy problem. Breast-fed infants may continue to nurse and also add whole cow's milk as a beverage by cup. Continue to encourage use of the cup so that the bottle can be eliminated by 15 months of age, if not already weaned. If your child is hesitant about the switch to whole milk because of taste, mix formula with whole milk for several days to ease the taste transition. Stools may initially be firmer on whole milk but should shortly normalize.

Encourage further transition to table foods shared at the family mealtime. Soft, chunky foods in bite size pieces are easier for the child to self-feed. Encourage the use of a spoon although you can help with spooning soups and other liquids. Continue the 3 scheduled meals with 2-3 scheduled snacks in between. Discourage eating at other times as this grazing interferes with the development of healthy eating habits and appetite.

Remember to avoid overly sugary, fatty or salty foods and beverages for your child. Choke hazards such as whole grapes, hot dogs, nuts, popcorn, hard candy and similarly shaped foods must be kept out of the child's reach.

Your child will begin to show likes and dislikes in foods. Don't force your child to eat if he refuses but do reintroduce foods he may not have liked before as he may accept them when offered in the future.

The infant needs a variety of foods each day as shown in the food pyramid:

1. Bread, cereal, pasta group

3-4 servings such as ½ slice of bread, ¼ cup cooked cereal, 1/3 cup cooked rice or pasta or ½ pancake per serving or 2 crackers per serving.

2. Vegetable or Fruit group

4-6 servings/day; 2-4 tablespoons strained or fresh vegetable/fruit per serving, 3-4 oz. 100% fruit juice.

3. Dairy Group

Breast milk or whole milk (16-24 oz/day) or small pieces of cheese, or yogurt, or ¼ cup cottage cheese.

4. Meat, fish, poultry group

2-3 servings/day – ½ cup dry beans cooked, 1 egg (cooked), 2-4 tablespoons meat/serving.



Learn your child's signs for when he's done. Make mealtime fun and not a battle ground. Remember you cannot MAKE your child eat.

Normal Development: 12 Months

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 that 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.

Daily Activities

Your child:

- Usually follows a definite daily pattern.
- Opens cabinets, pulls tablecloths.
- Usually examines an object before putting into mouth.
- Cruises around furniture well.
- Has to pull to stand.
- Needs help with dressing and undressing.
- Grasps objects well with thumb and forefinger.
- Puts objects inside each other.
- Looks for hidden objects inside each other.

Language Development

Your child:

- Expresses complete thought with single syllable ("da" means "I want that").
- Has own words for things.
- Shows definite understanding of a few simple words.
- Utters a few words ("mama", "dada", "ball", "dog").
- Loves rhythms and rhymes.
- Understands words and gestures.
- Mimics words or sounds.

Using Play to Help Your Baby Learn

What you can do:

- Talk on play telephone.
- Allow him to talk and play with other children.
- Read short sturdy books with repeating words to your baby.
- Listen to stories or music tapes.
- Play peek-a-boo and so-big.
- Have toys with large pieces that can be taken apart and put back together again.
- Furnish simple puzzles and shapes that fit together.
- Color and draw together.
- Provide toys that can be pushed or pulled.
- Use a soft ball that can be thrown or kicked.

Emotional and Behavioral Development

Your child:

- Shows more negativism (may resist naps, refuse certain foods, throw occasional tantrums).

- Continues to prefer people to toys.
- Has developed a deep attachment to few familiar people.
- Loves to make parents laugh.
- Shows somewhat less stranger anxiety.
- May give up something on request.
- Displays a sense of humor.
- Forms "Circles of Interaction"
 - He points to a toy he wants.
 - You say "this one?"
 - He makes a sound and reaches for toy to close the "circle."
- Repeats actions when praised.
- Shows emotions - joy, anger, fear - can tease, joke, and provoke.

What you can do:

- Allow your baby to explore new places with supervision.
- Provide favorite toy or stuffed animal when at strange places.
- Respond to your baby's emotions and behavior with:
 - Cooperation - your baby will be more compliant.
 - Sensitivity - be aware of your baby's signals and see things from his point of view.
 - Acceptance - accept all aspects of his behavior and don't reject him.

Motor Skills

- Usually walks with assistance; may walk without assistance.
- Crawls rapidly.
- Stands alone.
- Seats self on floor.

Discipline

Your baby will test the limits to his/her behavior over and over.

- Discipline is a long and gradual process of teaching.
- Teach your baby about behavior you like as well as behavior you don't like.
- Praise and reward desired behavior such as efforts to walk.
- Set limits on behavior - say - "No" - and remove your baby from the situation.
- Distract from activity that is not acceptable and provide other activities.
- Determine ground rules for your house for a consistent approach to discipline.
- Deal with your baby's expressions of distress or anger firmly but calmly hold your child securely until he gains control of himself. Do not use negative personal remarks.

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 attitudes, 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.

Sleep

Babies vary greatly in the amount and need for sleep.

What you can expect from your baby:

- Sleep about 12 to 13 hours a day.
- Sleep up to 12 hours at night with 1 or 2 naps from 15 minutes to 2 hours in the late morning or early afternoon.
- Protest at being put to bed - he does not want to be separated from you.
- Develop comforting habits for security such as sucking on thumb or pacifier or becoming attached to a favorite object such as a blanket or stuffed animal.
- Should not wake and require your presence unless ill or this behavior has been reinforced in the past.

What you can do:

- Use bedtime rituals of baths, quiet play, cuddling, or bedtime stories to relax and prepare your baby for sleep.
- Do not overstimulate your baby with too much activity at bedtime because he will not want to stop the fun and go to sleep.
- Put baby to bed drowsy, but awake, to help him learn to go to sleep on his own helps him learn to put himself back to sleep if he awakens during the night.
- If he awakens during the night and can't get back to sleep by himself:
 - Check to see that he is all right
 - Be loving and firm
 - Calm with your voice
 - Do not reward him with too much attention - this can condition him to wake up and need your help to return to sleep
 - Do not turn on light
 - Do not make eye contact
 - Do not pick him up
 - Do not take him to bed with you

Safety Tips

Avoid Choking and Suffocation

Avoid foods on which a child might choke easily (candy, hot dogs, popcorn, peanuts, frozen peas, corn or beans, raw carrots sticks, celery sticks, pieces of raw apple, grapes, or raisins.)

Cut food into small pieces, about half the width of a pencil.

Store toys in a chest without a dropping lid.

Keep cords to shades, blinds, or draperies out of reach - tie or clamp cords or use a tie down device.

Prevent 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, or hold baby when cooking at stove.
- Turn your water heater down to 120 degrees F (50 degrees C).
- Test water temperature before putting your baby in warm water.
- Do not handle, eat, or drink hot liquids when near your baby.
- Protect your baby's skin from the sun:
 - Use a hat, umbrella, or lightweight clothing
 - Keep your baby in the shade and use sunscreen when your baby is outside

Prevent Drowning

- Never leave an infant or toddler in a bathtub alone--NEVER.

- Continuously watch your child around any water, including toilets and buckets. Keep toilets seats down and store buckets upside down.
- Use a well-fitting Coast Guard approved life jacket at all times.

Avoid Falls and Accidents

- Make sure windows are closed or have screens that cannot be pushed out.
- Don't underestimate your child's ability to climb.
- Keep doors closed and use gates at top and bottom of all stairways.
- Watch your baby closely when playing outside - use a fenced -in outside play area if possible.
- Do not allow your baby to ride on a tractor with you.
- Do not have your baby near running power machines (like lawn mowers), or a moving car.

Prevent Poisoning

- Poison proof your home.
- Keep all medicines, vitamins, cleaning supplies, paints, gasoline, gardening chemicals locked away or disposed of safely.
- Don't leave medicines on tables or dresser tops.
- Keep purses out of reach. Have out of reach place for visitor's purses.
- Install safety latches on cabinets.
- Keep the poison center number on all phones. The poison control number is **1-800-222-1222**.
- Ask your doctor about syrup of Ipecac. Use it only if you are told to do so.

Car Safety

- Use the car safety seat when your baby is in a moving car. **MAKE NO EXCEPTIONS!**
- Use a toddler car safety seat when your baby weighs more than 20lbs.
- Do not use a forward-facing car seat on the passenger side of the car with air bags.
- Plan frequent stops to let your child out of the car seat if you are driving long distances.

Air Bag Safety

An air bag can save your life. However, air bags and young children do not mix. The following information will help keep you and your child safe.

- The safest place for all infants and children under 12 years of age to ride is in the back seat.
- Never put an infant under 1 year of age in the front seat of a car with an air bag.
- Infants must always ride in rear-facing car seats in the back seat until they are at least 20 pounds and 1 year of age.
- All children should be properly secured in car safety seats, booster seats, or shoulder/lap belts correct for their size.
- Seat belts must be worn correctly at all times by all passengers to provide the best protection.

What Parents Can Do:

- Eliminate potential risks of air bags to children by buckling them in the backseat for every ride.
- Plan ahead so that you do not have to drive with more children than can be safely restrained in the backseat.
- For most families, installation of air bag on/off switches is not necessary. Air bags that are turned off provide no protection to older children, teens, parents,

or other adults riding in the front seat.

- Air bag on/off switches should only be used if your child has special health care needs, your pediatrician recommends constant observation during travel, and no other adult is available to ride in the back seat with your child.
- If no other arrangement is possible and an older child must ride in the front seat, move the vehicle seat back as far as it can go, away from the air bag. Be sure the child is properly buckled. Keep in mind that your child may still be at risk for injuries from the air bag. The back seat is the safest place for children to ride.

Next Visit

Your child's next visit should be at the age of 15 months. Please be sure to bring your child's shot card.

Additional Health Resources

Virtual Children's Hospital - www.vh.org/vch

<http://kidshealth.org>

www.generalpediatrics.com

Credits:

American Academy of Pediatrics; Pediatric Behavioral Health Advisor; Health Informatics

www.aap.org

Health Informatics - <http://uiowa.healthinformatics.net>

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