

# WELL-CHILD CARE

## Twelve Month Old Visit

Your Baby's Development	
Social Emotional	Cognitive
<ul style="list-style-type: none"><li>Your child should have stranger anxiety. She may prefer mother/father over all others. She may show distress on separation from parents.</li><li>Your child should wave "bye-bye"</li></ul>	<ul style="list-style-type: none"><li>Your child should be imitating people in his play</li><li>Your child should be following simple commands</li><li>Your child should be identifying persons upon request</li></ul>
Communicative	Physical Development
<ul style="list-style-type: none"><li>Your child should be jabbering <i>with inflections of normal speech</i></li><li>Your child should be pointing to objects. Furthermore, your child should be watching you to see if you respond.</li><li>Your child should be imitating vocalizations and sounds</li><li>Your child should speak 1 or 2 words</li></ul>	<ul style="list-style-type: none"><li>Your child should be banging 2 cubes held in her hands</li><li>Your child should stand alone</li><li>Your child should be able to reach sitting position without assistance</li><li>Your child should be able to put objects into a container</li><li>Your child should let go of objects voluntarily</li></ul>
<b>Please alert your child's doctor if he has any of the following signs of possible developmental delay:</b> <ul style="list-style-type: none"><li>Does not crawl</li><li>Cannot stand when supported</li><li>Does not search for objects that are hidden while she watches</li><li>Says no single words like "dada" or "mama"</li><li>Does not know how to use gestures, such as shaking his head</li><li>Does not point to objects or pictures</li><li>Loses skills she once had</li></ul>	

### Fostering your child's development

Set aside special time with your toddler. During this time, avoid watching television. Instead, play with your children through games, storytelling, reading aloud, pointing and naming, listening to music and exercising.

### Sleeping

A 1 year old should be sleeping 12 to 14 hours a day.

Bedtime should be at the same time each night. Have a bedtime routine that begins with quiet time for your child to relax before bed. Read and sing to your child to help get him to sleep. A favorite toy or nightlight can also help reassure and calm your child.

Put your child in her crib sleepy so she can make the transition between awake time and sleep on her own. She needs to learn to soothe herself.

Naptimes. Your child should have at least one nap during the day. Make this a regular naptime. Space naptimes so your child is tired at bedtime.



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### Feeding

Your child's rate of weight gain will be slower now. She may eat less now than when she was an infant. Her appetite will vary; she will eat a lot at one time and not much the next time. This is okay!

Schedule 3 meals and 2 snacks at regular intervals throughout the day. These provide a regular supply of nutrients and protect her from getting too hungry.

Give your child a wide variety of fresh, nutritious foods in appropriate amounts. You as a parent are responsible for providing a variety of nutritious foods. Your child is responsible for how much to eat. Trust your child's ability to know when she is hungry and full.

Your child should be developing toddler eating skills—biting off small pieces of food, feeding herself, and holding and drinking from a cup. Toddlers learn to like foods by touching, smelling, and mouthing them repeatedly.

Give your toddler a spoon for eating and a cup for drinking. Be sure that they are easy for her small hands to hold.

### Healthy Snacks For Your Toddler

Fresh fruit cut into small pieces: apples, oranges, and bananas

Applesauce, cheese, or small pieces of whole-grain bread or crackers

Homemade popsicles made from 100% fruit juice

### Twelve Month Old Diet Guidelines

**Signs of readiness for self-feeding:** Can start to use a spoon himself – *though proficiency will take a while!*

What to feed	How Much Per Day
Same food as family, mashed or chopped into bite-sized pieces <b>Dairy</b> <ul style="list-style-type: none"> <li>Whole milk or 2% milk</li> <li>Cheese, yogurt, cottage cheese</li> </ul> <b>Grains</b> <ul style="list-style-type: none"> <li>Iron-fortified cereals: rice, barley, wheat, oats</li> </ul> <b>New Fruits</b> <ul style="list-style-type: none"> <li>Melon, oranges, grapefruit</li> </ul> <b>New Vegetables</b> <ul style="list-style-type: none"> <li>Broccoli and cauliflower "trees"</li> </ul> <b>Protein</b> <ul style="list-style-type: none"> <li>Eggs, cut-up or ground meat, poultry, boneless fish, beans, thinly spread smooth peanut butter</li> </ul>	<b>Dairy:</b> 2-3 servings per day 1 serving = ½ cup milk, 1 ounce cheese, ½ cup yogurt/cottage cheese <b>Grains:</b> 4-6 servings per day 1 serving = 1/3 cup cereal, ¼ cup pasta/rice, ½ slice bread <b>Fruits:</b> ½ cup fruit per day <b>Vegetables:</b> ½ cup vegetables per day <b>Protein:</b> 2 servings protein per day 1 serving = 2 tablespoons ground or two 1-inch cubes meat, 1 egg, ¼ cup cooked beans, 1 tablespoon smooth peanut butter 3 to 4 ounces juice



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### Tips for Discipline

Young toddlers don't know right from wrong. Their actions should *not* be considered "naughty". They learn from their world by experimenting, observing cause and effect, and testing the adults in the world. Do not criticize your baby when they do something wrong – criticize *the actions they do* as being wrong.

Children need rules. Fair, age-appropriate rules, set by parents and consistently enforced provide what your child needs.

- What limits you set need to depend on your priorities. Set rules you will be able to enforce without driving yourself crazy!
- Don't have too many rules. Remember that every issue does not have to be a fight.
- Consistency is key! Once you've made a fair number of age-appropriate rules, enforce them consistently. A child is upset by rules that apply only sometimes and makes the world a confusing place.
- Follow-through is crucial! The rules you make will not be effective if you do not follow-through on the consequences.
- Be prepared to repeat the same message over and over again. Young toddlers have limited memories. Do not expect them to learn a lesson the first time it is taught. Be patient and be prepared to repeat the same message every day for weeks before it finally sinks in.

Rewards work better than punishment. Catch your baby being good! Praising and rewarding good behavior works much better than punishment.

Have your child help remedy "bad" situations they create. For example, wipe up the spilt milk, pick up the scattered dish towels.

### Safety

#### Poison Control

- Lock away medications and all cleaning products out of sight and out of reach. Climbing toddlers can reach even high shelves.
- If your child eats something that could be poisonous, call the Poison Control Center right away at **1.800.222.1222**. Do not make your child vomit.
- Place the Poison Control Center number next to all your phones and on the refrigerator.

#### Protect your walking toddler

- Now that your child is walking, get down on the floor yourself and check for hazards.
- Be sure there are not dangling telephone, electrical, blind or drapery cords in your home.



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- Make sure televisions and furniture are secure so your child can't pull them over. If they seem unsteady, anchor bookcases, dressers and cabinets to the wall. Put floor lamps behind other furniture.
- Keep sharp objects – like knives and scissors – out of your child's reach.
- Your child can fall out of windows. Keep furniture away from windows. Install window guards on second- and higher-story windows.
- Use gates at the top and bottom of stairs.

### Sleep Safety

- Your baby's crib should have slats that are no more than 2 3/8 inches apart and with a mattress that is the same size as the crib. The crib should be certified by the JPMA. Keep the sides of the crib raised when your baby is sleeping in it.
- Your child can climb out of his crib. Put the crib mattress on the lowest rung and make sure the sides of the crib are up when he is in it.

### Car Safety

- Once your child is over 20 pounds she can be put in a forward-facing car seat.
- Is your car seat properly installed? You can find information about car seats at [www.seatcheck.org](http://www.seatcheck.org).
- A **Child Safety Seat Inspection Station** can inspect your car seat to see if you are installing your car seats properly. You can find this at [www.seatcheck.org](http://www.seatcheck.org) or by calling 866.732.8243.

### Water Safety

- Watch your child constantly whenever he is near water. Your child can drown in even a few inches, including water in the bathtub and play pools.

### Gun Safety

- More than 5,000 children and adolescents are killed by gunfire each year. **Most of these injuries are almost always inflicted by themselves, a sibling, or a friend.**
- If you choose to keep a gun in the home, store it **unloaded** in a **locked** place. Lock and store the ammunition in a **separate** place.



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### Next Visit: 15 month Well Child Check

At the next visit ...

- Your baby will be a whirlwind of activity and curiosity! He will be requiring constant attention and guidance from you
- Your baby will want to do more things on her own. Her desires and expectations may be more than she is able to do.
- Your baby will be expressing more frustration. He may start to have temper tantrums or breath-holding spells
- Your baby will be using more words. She should have 2-3 words (besides dada and mama) that she is using.

