

Mendon Pediatrics

12 Month Visit

Next Visit: 15 Months

Nutrition

- Breast feeding or formula should be continued until one year at which time you may switch to whole milk. Children still need some extra fat to ensure healthy nerve and brain development so do not switch to 1% or skim milk until age 2. Try to limit milk intake to no more than 24 oz per day, so that your child receives nutrients from other foods.
- Provide regular meals and snack times; toddlers do well with three meals and 2-3 healthy snacks daily.
- Respect your child's ability to know when he or she is hungry.
- Expect a drop in appetite as your child enters the toddler years. This is normal because rate of growth slows.
- Encourage use of a cup.
- Children should be moving from baby foods toward all table foods by one year. Avoid nuts, hard candies, popcorn, hard raw fruits and vegetables which can cause choking.
- Encourage healthy eating habits and remember that our children learn by watching us.
- Juice is okay in moderation. Try not to give more than 4 oz per day. It is better for your child to eat the fruit than drink the juice.

Injury and Illness Prevention

- Your child's carseat should remain rear-facing until he or she has reached both **20 pounds and a year of age**. At that time it may be turned to face forward. The safest place is the center of the rear seat.
- Make sure the poison control number **1-800-222-1222** is clearly posted in your home and in any locations where your child spends time.
- Make sure that your child's environment is baby/toddler friendly:
- Electrical outlets, appliance cords, and window covering cords; all out of reach to avoid electrical burns and strangulation.
- Poisonous plants, household cleaners, medications and other potential poisons; up high and out of reach.
- Stairs and open windows should be guarded against falls.
- Hot water temperature should be below 120 degrees.
- Sharp objects should be out of reach.
- Swimming pools/hot tubs, bathtubs and open containers with water should be off limits. Children can drown in only a few inches of water.
- Smoke detectors and fire extinguishers should be working properly.
- Irons, such as clothes or curling should be up and out of reach so that your child cannot pull it down and get burned. Place your hot iron on top of the kitchen stove to cool, up and out of reach.
- Avoid small, round or hard foods that your child could choke on. Be familiar with first-aid steps for choking. Infant CPR classes are offered through The American Red Cross (241-4434).
- Avoid exposure to environmental tobacco smoke which can increase the incidence of lung infections, ear infections and asthma.
- Keep children out of the sun at peak times (10am-3pm) and always protect with a sunblock (SPF 15 or higher).
- If a gun is kept in the home, make certain it is securely locked and stored separately from the ammunition. Terrible accidents can happen quickly. Every 2 hours in the US, someone's child is killed by a gun.
- Prepare a plan for your child in case of loss. Review your life insurance coverage to make sure it provides for your child and your will should include all members of your family. Also discuss a plan of guardianship for your child.

Sleep

- Establish a regular bedtime routine. By this age a child should be able to put his/herself to sleep.
- Most infants sleep through the night by this age and are taking at least 1-2 naps during the day.
- Recognize that each child has different sleep requirements.

Shoes

- Shoes are needed only to protect the feet from sharp objects and the cold.
- Shoes should be flexible, with non-skid soles, inexpensive and fit well in both length and width.
- Most infants have feet that turn in or out when they begin to walk. They may also be bowlegged.

Behavior/Development

- Over the next few months you will witness your infant becoming more mobile and independent. Encourage this by providing a safe environment in which to explore and by introducing your child to new textures, scents, and sounds.
- Encourage children to use their emerging language. Narrate your life, point out objects, talk and sing together.
- Read to your child daily!
- This is a good time to begin establishing consistent rules and limits. Infants should be noticed more for their appropriate behavior than for their undesirable behavior. Praise your child when he or she does something well. If your child's behavior is inappropriate, try redirecting his or her attention. Other effective disciplinary actions, when necessary, include a stern restatement of the forbidden act ("biting is not allowed"), or a brief period of non-interaction ("time-out"). It is more realistic to structure the home environment than to expect a toddler not to injure himself or break things.
- Cuddle! Let your child know that he or she is special.
- Try to wean from the bottle between 12 and 14 months. Babies at that age are so involved in learning to walk, talk, and explore that they won't miss it. Weaning is important to prevent excessive milk intake (more than 24 oz) and bottle mouth cavities.

Developmental Milestones: Over the next couple of months your child will start to:

- Say "dada" or "mama" discriminately
- Walk holding on to furniture (cruise)
- Use a few gestures to get needs met (such as pointing)
- Play patty-cake or wave bye-bye
- Drink from a cup
- Pick up tiny object neatly with tips of thumb and forefinger
- Stand alone momentarily
- Say one word other than "dada" or "mama"

Appropriate toys and activities

- Board books with large pictures, simple stories.
- Books and magazines with photographs of babies.
- Blocks
- Simple shape sorters and pegboards
- Bath toys (boats, containers, floating squeak toys)
- Balls of all shapes and sizes

Suggested Reading

What to Expect the Toddler Years, A.Eisenberg

Touchpoints: Your Child's Emotional and Behavioral Development, T.B. Brazelton

Solve Your Child's Sleep Problems, R.Ferber

Guide to Your Child's Symptoms, American Academy of Pediatrics

Caring for Your Baby and Young Child: Birth to Age 5, American Academy of Pediatrics

Sleeping Through the Night, Jodi Mindell, Ph.D

Raising Your Spirited Child, Mary Sheedy Kurcinka

Developmental Evaluations

The Early Intervention system is available for all children under age 3 for evaluation and treatment of motor and speech delays at no cost to the patient. Evaluations can be scheduled through your county:

Ontario County 396-4439 Livingston County 243-7299 Monroe County 753-5437

Remember that you are your child's first and most important teacher.

This stage will pass quickly; enjoy it!