

# Well Child Care at 12 Months

## Nutrition

Now that your child is 1 year old, start using whole milk instead of formula or breast milk. Toddlers need whole milk (instead of low-fat or skim) until they are 2 years old. Some children have harder bowel movements at first with whole milk. Now is also the time to wean completely off the bottle and switch to the cup.

Table foods are best now. Baby food is usually not needed any more. Most babies have 1 to 2 snacks each day. Cheese, fruit, and vegetables are all good snacks. Serve milk at all meals.

Your child will not grow as fast during the second year of life. Your toddler may eat less. Trust his appetite.

## Development

All children are different. Some 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 helps them learn more words. Allow your child to touch things while you name them. Be sure to smile and praise your child when he learns new things. Children enjoy knowing that you are pleased that they are learning.

As children learn to walk they will want to explore new places. This is normal. Watch your child closely.

Reading to your child should be a part of every day. Children that have books read to them learn more quickly. Choose books with interesting pictures and colors.

## Safety Tips

### Avoid Choking and Suffocation

- Avoid foods on which a child might choke easily (candy, hot dogs, popcorn, peanuts).
- Cut food into small pieces, about half the width of a pencil.
- Store toys in a chest without a dropping lid.

### 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
- Use the back burners on the stove with the pan handles out of reach.
- Turn your water heater down to 120°F (50°C).

#### 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 toilet seats down and store buckets upside down.

#### Avoid Falls

- Make sure windows are closed or have screens that cannot be pushed out.
- Don't underestimate your child's ability to climb.

#### Prevent Poisoning

- Keep all medicines, vitamins, cleaning supplies, and gardening chemicals locked away or

disposed of safely.

- 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.

## Immunizations

At the 12-month visit, your child may receive shots. Your child may have a fever and be

irritable for about 1 day and may also have soreness, redness, and swelling in the area where the shots were given. You may give your child acetaminophen drops (1 dropperful, or 0.8 ml, every 4 to 6 hours) to help to prevent fever and irritability. For swelling or soreness, put a wet, warm washcloth on the area of the shots as often and as long as needed for comfort.

Call your child's physician if:

- Your child has a rash or any reaction to the shots other than fever and mild irritability.
- Your child has a fever that lasts more than 36 hours.

If your child received either the measles-mumps-rubella (MMR) or the varicella vaccine, please note: A small number of children get a rash and fever 7 to 14 days after these shots. The rashes usually appear on main body area and last 2 to 3 days.

Call your child's physician immediately if:

- The rash changes-to purple spots.

Call your child's physician within 24 hours if:

- The rash becomes itchy.
- The rash lasts more than 3 days.

Next Visit

Your child's next visit should be at the age of 15 months.

Normal Development: 12 Months Old

Here's what you might see your baby doing between 12 months and 15 months old.

Daily Activities

- Usually follows a definite daily pattern.
- Opens cabinets, pulls tablecloths.
- Usually examines an object before putting into mouth.
- Likes to feed self.

Language Development

- Expresses complete thought with single syllable ("da" means "I want that").
- Shows definite understanding of a few simple words.
- Utters a few words ("mama", "dada", "ball", "dog").
- Loves rhythms and rhymes.

Emotional and Behavioral Development

- Shows more negativism (may resist naps, refuse certain foods, throw occasional tantrums).
- Continues to prefer people to toys.
- Has developed a deep attachment to a few familiar people.
- Loves to make parents laugh.
- Shows somewhat less stranger anxiety.
- May give up something on request.
- Displays a sense of humor.

Motor Skills

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

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.

If you have any concerns related to your child's own pattern of development, check with your family physician.

## **LEAD POISONING**

Lead is a metal that is toxic to people, especially children when it is ingested. Although it is no longer used in gasoline or in lead paint there is still a danger of exposure. Babies and children at risk for exposure can be tested with a blood sample. This is typically done between 6 and 12 months of age and again at 24 months of age. The questions below are to determine if lead exposure is a risk to your child's health. If you answer yes to any of these questions then a lead test should be considered.

- 1) Live in a house or are often in a house built before 1950
- 2) Live in a house or are often in a house built before 1978 that has been remodeled or renovated in the past 6 months .
- 3) Does your child have a sibling or a playmate who has or did have lead poisoning.