

## Well Child Care at 12 Months Old

### Diet

- Your baby no longer needs formula, but is now ready to drink whole milk or soy milk.
- Continue to encourage your baby to drink from a cup and feed him/herself. Wean your baby from the bottle.
- Offer your baby a variety of foods and snacks throughout the day.
- To prevent choking, you should never feed your baby hard foods such as hot dogs, apples, grapes or raw carrots. To find the nearest infant CPR class timings and locations call the Arlington chapter of the American Red Cross (703-527-3010, ext 736) or Virginia Hospital Center (705-558-2468). You may also sign up online at their website.
- Normally, growth slows at this age. Therefore, children seem to eat less. As long as your child is active and growing well, trust your baby's appetite.
- If your baby is exclusively breast fed or if you use water without fluoride (e.g. bottled water, some well water, some city water supplies), talk to your doctor about supplemental fluoride.
- Fruit juices are mostly sugar, and your child does not need them.

### Development

- All babies develop differently. Some children will walk before their first birthday, some after.
- Most children at one year can pinch and grab. They may begin to scribble.
- Most one year olds start to use words like "Mama" and "Dada."
- Remember to read to your child every day. Play interactive games with your baby, like singing and naming.
- Children may have temper tantrums. Use distractions like a new activity or toy to distract your child while remaining calm and therefore not reinforcing the behavior.
- Establish a routine for bed, bath and meals with a regular caregiver to allow your baby to get used to his/her surroundings and develop trust.
- Your baby may be shy with strangers or develop anxiety when away from you.

### Hygiene

- Do not put Q-tips in the infant's ear canal. The outer ear may be cleaned with a Q-tip or washcloth.
- Brush your baby's teeth with baby toothpaste every night.

### Sleep

- Some children may not want to be put in bed.
- If your baby is not sleeping through the night, speak with your doctor.

## Teething

- Babies may begin to drool as they start teething.
- Some infants will be fussy for a few days before teeth erupt, but teething does not cause high fevers.
- Cold teething rings or cold, wet washcloths sometimes help to ease the pain.
- Before feeding, you may rub Anbesol or Orajel directly on your baby's gums. They usually provide infants about 15 minutes of relief. Tylenol can be used for pain on occasion as well.
- Your baby should see a pediatric dentist as well.

## Safety

- Every time you take your child in the car he/she must be properly restrained in an infant car seat. You should use a rear facing car seat in the back seat of your car until your baby is older than 1 year and greater than 20 pounds. If your baby is over 20 pounds, you may change to a forward facing seat. For more information, go to <http://www.aap.org/family/carseatguide.htm> or <http://www.nhtsa.gov/> (sear for "car seat").
- Avoid walkers. They do not help babies walk and are associated with a higher rate of injury.
- Avoid holding your baby while cooking, smoking or drinking hot liquids to avoid burns. Use back burners that are out of your child's reach.
- Reduce the temperature of your water heater to less than 120°F to avoid burns.
- As your baby becomes more mobile it is important to prevent falls. Never leave your child unattended and always put up crib and play pen side rails. Make sure windows, especially above ground level, are closed.
- Be sure to "baby-proof" your house. Block off stairs; remove breakable objects; pad sharp corners; tie up curtain/blind strings; keep plants, medicines/vitamins, and cleaning supplies out of reach; and cover electrical sockets.
- Your baby will explore with his/her mouth. Be sure to keep small objects such as coins or safety pins out of reach. Keep plastic bags and balloons out of your child's reach. Use unbreakable toys without sharp edges that can come loose.
- If you have guns, make sure they are locked up and out of reach. Store the ammunition separately from the gun.
- Always be sure to have a functioning smoke detector.
- In case of a poisoning emergency call 1-800-222-1222.

## Immunizations & Lab Tests

- Your child will receive his/her next set of immunizations today.
- Your child may develop redness and pain for up to 48 hours at the injection site. He/she may also develop a fever.
- You may give ibuprofen (Advil, Motrin) or acetaminophen (Tylenol); ask your doctor for the dose.
- Please call if your child has any unusual symptoms, such as allergic reactions, high fever, weakness, crying for 3 hours, or if you have any concerns.
- Your baby will have routine screening for anemia and lead today.

**Next Visit:** Your baby's next visit will be at 15 months. There are scheduled vaccines at this visit.