



Twelve-Month Visit

Happy Birthday! Your child is 1 year old – what an exciting milestone! The following are some tips to help you through early toddlerhood.

Feeding and Nutrition

- Get ready! Most 1-year-olds love being in control. They will eat what they want, when they want, and how much they want. **Do not make eating a battle.** Toddlers this age are very good at knowing when they are hungry and when they are full; it is your job to offer healthy, safe choices and let them do the rest.
- **HOW MUCH?** At one year, most toddlers are eating 3 meals and 2-3 planned healthy snacks a day. If you haven't already, pull the highchair to the table so your toddler can take part in family meals.
- **WHICH FOODS?** At this age, your child should be able to eat almost all the foods that you eat. Cut food into bite-sized pieces and avoid food that may be a choking risk such as peanuts, popcorn, hot dogs, whole grapes, raisins, and raw vegetables. Always supervise your child while eating and consider taking an infant CPR class if you haven't already (see website section).



- **FINGER FEEDING:** Your toddler will want to use their fingers to squish, mash and feel their food – let them. Place a cover on the floor and try not to worry about the mess!
- **MILK/DRINKS:** In general, offer foods before drinks at mealtime. A big change at this age is the introduction of whole cow's milk instead of formula. Offer the milk in a cup instead of a bottle and **don't give more than 18-24 ounces of milk a day.** Too much milk in the diet can cause anemia (low red blood cell count) and make your toddler too full to eat enough solid foods. Discuss with your doctor how much cow's milk to give if you are still breastfeeding. Juice provides no nutritional benefit and if given at all should be limited to no more than 4 ounces a day (100% juice only). Offer water in between meals instead.
- **BYE-BYE BOTTLES!** Twelve months is a good time to stop offering the bottle (now should be much easier than if you wait longer when your toddler will be more attached to it emotionally). We know that toddlers who use bottles after 12 months have a higher rate of cavities, ear infections, anemia and speech delay.

Oral Health

- Brush your toddler's teeth twice a day using a rice grain size amount of fluoride toothpaste on a soft baby toothbrush. Let them brush first, then you do it again. Make it fun.
- Discuss with your doctor if your toddler needs extra fluoride and when to see a dentist.
- To prevent tooth decay, never let your toddler fall asleep with a bottle. You should brush your baby's teeth **AFTER** the last food/drink of the night.



Your toddler's next routine visit is recommended at 15 months old.



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Safety Tips

1. The American Academy of Pediatrics advises keeping children in a rear-facing car seat until age 2, or until they reach the highest weight AND height allowed by the maker of their seat. This is the safest position in the event of an accident.
2. Limit direct sun exposure. Use a large hat and a broad-spectrum, mineral-based sunscreen.
3. **NEVER** leave your child out of your sight - even for a second - near water, tubs (no matter how shallow), buckets, pools, dogs, lawnmowers, driveways, and streets.
4. **Childproof your home:**
 - ✓ Keep medicines, cleaning supplies, small or sharp objects, plastic bags and wrappers, balloons and small batteries out of your toddler's reach. Inspect toys for loose small parts.
 - ✓ Use safety gates, cabinet locks and socket plugs. Install guards on all windows above the 1st floor.
 - ✓ Tie window blind cords and drapes up and out of reach.
 - ✓ Secure TVs and bookcases to the wall and place guards on sharp edged furniture.
 - ✓ Install smoke and carbon monoxide detectors and change batteries every year.
 - ✓ Keep guns locked away and ammunition in a different place.

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Sleeping

- At this age, your toddler should sleep through the night (9-12 hours) and take 1-2 naps for an average of 11-14 hours of total sleep per day.
- The crib mattress should be at the lowest setting to prevent falls.
- Bedtime routines should be consistent and enjoyable. Allow your toddler to take a comfort item/small blanket (not the bottle!) to bed each night.
- Your toddler may resist going to bed or call out for you in the middle of the night as “separation anxiety” increases. Avoid behavior that will reward them for this (such as bringing them to your bed, feeding them or turning on the light) since this can make it harder to return to the crib.
- Contact your doctor if you have questions about sleep.

Development

- Babies vary greatly in development. At this age, many babies will:
 - 1) Start to understand more of what you are saying, “jabber” and have a few meaningful words (usually mama, dada and at least one other).
 - 2) Pull to stand, “cruise” (move around furniture standing up, holding on) and may take a few steps.
 - 3) Wave “bye-bye”, play pat-a-cake or peek-a-boo.
 - 4) Point to objects to get another person’s attention and look for dropped or hidden objects.
- Try these tips to help with development:
 - 1) Read with your toddler every day (avoid screen time) and encourage them to use words, sounds and gestures to communicate even if you think you know what they want.
 - 2) Join your toddler in play and offer toys that represent objects in their world, such as a toy phone or play kitchen with pretend food.
 - 3) Create low, safe places where your toddler can crawl, cruise or stand.
 - 4) Talk to your doctor if you have any concerns about your child’s development.

Immunizations (*vaccine schedule may vary slightly by practice)

Today or at 15 months:

- MMR (measles, mumps and rubella)
 - Varicella (chicken pox)
 - Hepatitis A
 - DTaP
 - HIB
 - Pneumococcal
- Your child will have a blood test to screen for lead poisoning and anemia (low blood count) if not already done at 9 months. They may also be screened for tuberculosis.
- The influenza vaccine is recommended during flu season.

Websites

- AAP Healthy Children | <http://www.healthychildren.org> (Health topics and news updates from the American Academy of Pediatrics)
- AAP Immunization Info | <http://www.aap.org/immunization> (Research-based information about childhood vaccines)
- One Tough Job | <http://www.onetoughjob.org> (Information on development and a variety of parenting topics created by the MA Children’s Trust Fund)
- CPR | http://www.bostoncentral.com/healthcare/cpr_safety.php (lists Boston area infant CPR and safety classes)

Early Discipline

- At this age, you can still often change what your child is doing by distraction or offering something else like a favorite toy. Spanking or hitting is not advised and won’t help.
- Be firm and consistent.
- Temper tantrums start around this age – ignore them and don’t give in!
- Save “NO!” for when your toddler is going to get hurt or hurt others. Instead, tell or show your child what is ok.

Important Numbers

- Poison Control: 800-222-1222
- Parental Stress Line: 800-632-8188
- HAVEN Domestic Violence Help Line 617-724-0054
- Smoking Quit Line (free): 800-QUIT-NOW
- Your doctor’s office: _____