

12 MONTH VISIT – Happy 1st Birthday!

Nutrition

- Give whole cow's milk (max 24oz daily), but you may continue to breastfeed if you want
- Avoid juice - water is better
- Wean from the bottle by 15 months - use a cup for all liquids
- Avoid choking hazards
- Allow child to feed themselves to practice a fine pincer grasp - try a fork and spoon as well
- Most children eat 3 meals a day and 1-2 small snacks – provide healthy snacks without added sugars

Sleep

- Most kids sleep around 10-12 hours at night, and take 1-2 naps (2-3 hours per day)
- Establish clear routines and schedules for feeding, bath and bedtime
- Your child can have a favorite stuffed animal or blanket to self soothe

Dental Health

- Brush your child's teeth twice a day with a soft toothbrush and a small smear of fluoride containing toothpaste
- Wean from bottle and make sure not to give milk before bed without brushing teeth – do not feed overnight
- Make a dental appointment if you haven't already

Safety

- Your child should be in a car seat in the back seat, facing backwards until 2 years old AND 20 pounds to prevent head and neck injury in the event of an accident
- Put choking and strangling hazards out of harm's way and keep furniture away from windows

- Lock chemicals, medications and firearms in a high cabinet; keep ammunition separate from firearms
- Use gates on stairwells and bolt bookcases and TVs to the wall
- Poison Control # (1-800-222-1222)
- Keep hot liquids out of reach – set the water temperature to max 120°F
- Always have an adult supervising when near water or swimming pools – adults should stay within an arm's reach
- Use insect repellent (10-20% DEET or Picaridin) & sunscreen (SPF > 30) and sun protective clothing and hats

Promoting Development

- Your child may begin to walk now and stand without support
- He/She will look for hidden objects and imitate gestures
- Speak to them in sentences & point out names of everyday objects and body parts – they may say 'Mama' 'Dada' specifically with 1-3 other words
- Avoid screen time until 2 yrs old
- Use positive discipline and distraction instead of stern discipline/corporal punishment – time outs can be used up to 60 seconds max

Tests

- MMR (Measles, Mumps, Rubella), Varicella (Chickenpox), Prevnar-13
- Anemia screen, lead level
- Rash and fever for up to 1 week may occur after these vaccines – use Tylenol or Motrin and call if concerned

****Next Visit: 15 months old for well child visit and vaccines***



Chesapeake
Pediatrics