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Well Child TIPS FOR TAKING CARE OF YOUR 12-MONTH-OLD

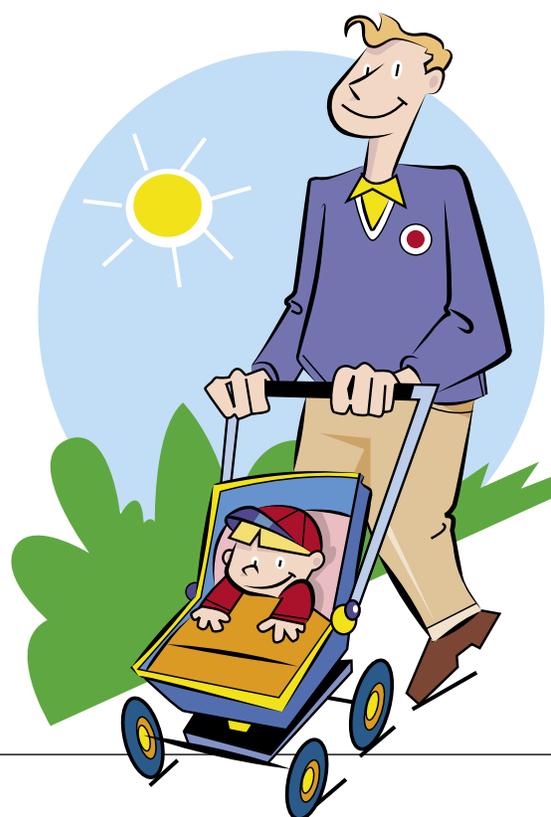
CHILDREN ARE CONSTANTLY CHANGING. And while you as parents can't anticipate every change, these Well Child Tips can prepare you for what lies ahead and help you raise a healthy and safe child.

SAFETY

- If your baby weighs at least 20 pounds, it is now safe to put him facing forward in his child safety seat. Make sure that the straps fit snugly and are routed through the correct slots. If you have a passenger-side air bag, then the back seat is the safest place for a forward-facing baby. If you must use the front seat, follow the instructions in your vehicle owner's manual and slide your vehicle seat as far back as possible.
- Going forward from year 2000 models, most cars will be equipped with an attachment mounting in the rear seat area for a tether strap, which is an adjustable strap attached to the upper back of a forward-facing child safety seat. When properly used, a top tether strap reduces risk of injury by limiting the movement of a child's head in a forward crash. Check with the manufacturers to see if previous model seats and cars can be fitted with top tether attachments.
- Keep all medicines out of your baby's reach in a high, locked cabinet. Make sure all medicine bottles have child-proof caps.
- Always watch your baby when he's near water, even if it is a small wading pool. A baby can drown in less than one minute in just one inch of water.
- A latex balloon is a very dangerous toy for a child. Babies often put whole or broken pieces of balloon into their mouths, causing them to choke.
- Your baby can now reach things by standing on his tip-toes, so be careful about what you leave on your counters. Keep things away from the edges of counters so he cannot pull them down and hurt himself.
- Babies love to climb stairs, but they fall down them very easily. Use safety gates at the top and bottom of stairs.
- If you have any questions about immunizations, be sure to discuss them with your child's healthcare provider. Following a regular immunization schedule is very important for your child's health.

NUTRITION

- Most babies can begin drinking whole milk when they are 1 year old. Skim and two percent milk do not have the fat your baby needs for energy and brain growth. If he has trouble making the switch, introduce him gradually. Add a small amount of whole milk to his formula and gradually increase the milk and decrease the formula.
- Your baby is likely weaning from the breast or bottle now. Gradual weaning goes best, decreasing by one nipple feeding per day. Remember, the American Academy of Pediatrics recommends breast-feeding for at least one year.
- At 12 months children want to feed themselves. They still want you right there and they need you to offer them safe, healthy foods, but they will do best if they feed themselves. Fingers are messy, but that's OK; better to have a good eater than a spotless baby. Small spoons may be given to learn with, but it takes awhile to master using a spoon.



- At this age, a very clear division of responsibility emerges. Parents are responsible for what food is served, when meals and snacks are served and keeping eating times pleasant. Children are responsible for how much they eat and whether or not they eat what is served. Offer a variety of nutritious solid foods and limit milk intake based on instructions from your child's healthcare provider. Let your child then decide which foods and how much to eat.

DEVELOPMENT

- Your baby may be able to say a few words that you can understand. To help him learn new words, talk with him and show him picture books.
- Your baby may be able to follow simple instructions like, "Bring the book to Mommy."
- Babies like to drop things into a box or bucket and dump them out again. Give your baby clean milk cartons to use as building blocks.
- One-year-old babies are good at picking up small things with their pointer fingers and thumbs. Put small pieces of soft food on your baby's highchair tray and see how happy he is when he can pick them up!

PARENTING

- Your baby can start learning right from wrong, but remember that discipline means teaching, not punishing. Talk to your baby in a firm way when he does something wrong. Always praise him for doing the right things.
- One-year-old babies are very active and need space to play. Put your baby into a playpen for short periods of time when you need to keep him safe for a few minutes while you do something.
- Your baby likes to try to feed himself at meals and it is messy. To make cleaning up easier, use a bib and put a sheet or newspaper on the floor to catch his spills.
- One-year-old babies will sit and watch television if it is on. But to stay healthy, your child needs to play and move around and he learns best when he talks with and listens to you. Try to keep television-watching to 30 minutes or less.

NEXT VISIT

Until your next appointment, you may call your child's healthcare provider if you have any questions about keeping your baby safe and healthy. If your child's healthcare provider is unavailable, call the Children's Healthcare of Atlanta pediatric advice line at 404.250.kids or check the Children's Web site at www.choa.org for more information.

SPECIAL INSTRUCTIONS

NOTE: These tips are just a guide and do not give you all the information you need to raise a healthy and safe child. Remember that children develop and grow at different rates and you know your child best. If you have any questions or concerns, be sure to ask your child's healthcare provider.

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