

WELL CHILD: THE TWELVE MONTH OLD (1 OF 2)

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Name	_____	Weight	_____	lbs
Date	_____	Length	_____	inches
		Head Circumference	_____	cm

NUTRITION

- Typically, children at this age eat three meals a day and two healthy snacks. Sit down to eat as a family. Avoid “choke foods” until age 4, especially hot dogs, popcorn, nuts, and raw hard vegetables (i.e. carrots).
- Switch from formula to whole milk now and/or continue breastfeeding. We do not recommend toddler formula. Toddler formula is not FDA regulated and your child can receive all their nutritional needs from a well-balanced diet.
- Your child should not have more than 24 oz of milk daily. Taking more than this amount can lead to constipation and increase the risk of iron deficiency. Milk is only part of a food group, not the primary source of calories and nutrients. Serve milk in a cup at mealtime. Otherwise, give water.
- Continue a vitamin D supplement (600 IU per day), each cup of fortified milk contains 115 IU of vitamin D. Plan to phase the bottle out between 12–15 months.
- Appetite highs and lows are expected. Your job is to offer healthy foods. Your child’s job is to eat healthy foods when hungry. There is no need to encourage or “force” your child to eat when they are clearly not interested. Spoon skills are improving; allow your child to feed themselves.
- Modeling good nutrition promotes your child’s continued health and helps develop good habits for the future. If constipation becomes a problem, offer water, apricot, pear, or prune juice.

DENTAL CARE

- Brush teeth twice a day, no food or drink after the last brush. Use a small amount of fluoride toothpaste (rice grain size). Your child should begin regular visits with a pediatric dentist by age 2.
- Do not give your child a bottle in the crib. Bottles in bed and breast feeding throughout the night can cause tooth decay.
- A fluoride supplement may be needed if your baby does not receive water containing fluoride.

DEVELOPMENT FROM 12-18 MONTHS

- Shows a preference for one hand
- Shakes head “no” (before nodding “yes”)
- Scribbles and imitates a drawn line
- Participates in parallel play; not ready to share
- Removes articles of clothing
- Has a 4–10-word vocabulary by 18 months
- Responds to name, points at objects and identifies body parts
- Makes eye contact with you for reassurance
- Walks well and runs
- Uses “mama” and “dada” appropriately
- If you have any concerns about your child’s vision or hearing, please let me know.

PARENTING

- Respond in a positive way to your child’s good behavior.
- Be very consistent and clear. Keep “rules” to a minimum.
- Temper tantrums and negativism are a normal part of this stage of development. Stay calm; don’t overreact. Try to understand what your child is asking, respond clearly, suggest an alternative, and then allow them to handle the tantrum on their own. Tell them you’ll be there when they are finished with the tantrum.
- Respect your toddler. Ask if they are finished eating prior to taking them out of the highchair. Give warning when the scene is about to change. Help them communicate and cooperate by giving them the opportunity. Narrate your day; talk about what you are doing and seeing.
- Babies understand your speech before they can express themselves. Provide freedom to explore safely.
- Maintain your bedtime ritual. Usually, children change to one mid-day nap by age 15–18 months.

SAFETY

- If there are guns in the home, lock ammunition separately. Talk to your children about gun safety. For more tips on firearm safety, go to www.healthychildren.org/English/safety-prevention/at-home/Pages/Handguns-in-the-Home.aspx.
- Curiosity and energy are not balanced by judgment at this age. You must closely supervise your toddler. Never leave your child unattended or supervised only by an older child around water, pools, or bathtub. Be very clear about street and parking lot safety—always hold hands or carry.

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- Secure stairs and windows, stoves, heaters, television sets, and furniture. Never allow a child to “play” unaccompanied in the car.
- Always use a properly fitted rear-facing car seat. The center rear seat is safest. If they outgrow the infant seat, transition to a larger rear-facing car seat. Children should remain rear-facing until TWO years of age and when they reach the maximum weight or height for rear-facing in their car seat. Check your car seat manual.
- Check your smoke detectors and fire extinguishers on a regular basis. Have a family fire exit plan: ladders in the upstairs bedroom, etc.
- DO NOT USE BABY WALKERS! Babies can be seriously injured in them, even with close supervision or automatic wheel locks, and walkers do not help a child learn to walk.
- Apply sunscreen to exposed areas, and do not forget to reapply after 2-3 hours of having continued sun exposure.
- In case of ingestion of poisons, call the Poison Control Center immediately. Put this number in your phone: 1(800)222-1222. Do not use syrup of ipecac. Visit poison.org for more information.
- If you need assistance, helpmegrowwa.org is available to help with food resources, transportation, clothing, employment, housing, or other support.
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ACTIVITIES

- Read, read, read, read at least 20 minutes a day. Point to body parts and name them.
- Roll a ball back and forth or play other “give and take” games. Put toys or objects in and out of containers.
- Push/pull toys, Play-Doh or clay.
- Introduce counting. Give sequential directions to follow.
- TV and videos, even “educational” programs, are not recommended, and do not help your baby’s development.
- No screen time is recommended before the age of 2. Do not entertain your baby with videos or apps on the phone, laptop or television. The human voice is the best stimulant for developing infant brains. Facetime is ok.

IMMUNIZATIONS TODAY

You may find detailed information about vaccines, including our recommended schedule and links to the CDC’s Vaccine Information Statements.

Acetaminophen (Tylenol)

Child’s Weight	Infant’s or Children’s Suspension (160 mg/5 mL)
6-12 lbs	1.25 mL
12–18 lbs	2.5 mL
24 lbs	3.75 mL (3/4 tsp)
over 24 lbs	5 mL (1 tsp)

Acetaminophen may be given every 4 hours but not more than 5 times in 24 hours. Please call the office if a fever persists for more than 2 days or if you have any questions about your child’s illness or vaccine side effects.

Ibuprofen (Advil, Motrin)

Child’s Weight	Infant Drops (50 mg/1.25 mL)
12-18 lbs	1.25 mL
18–24 lbs	1.875 mL
24–28 lbs	1.25 mL + 1.25 mL
over 28 lbs	1.875 mL + 1.25 mL

Ibuprofen may be given every 6 hours and not more than 4 times in 24 hours. PLEASE CHECK THE CONCENTRATION OF THE IBUPROFEN YOU ARE USING.

NEXT VISIT

- Please schedule your baby’s 15–month appointment as you leave today.

BOOKS / RESOURCES

- *Healthy Sleep Habits, Happy Child* by Marc Weissbluth, MD
- *Solve Your Child’s Sleep Problems* by Richard Ferber, MD
- *Sleeping Through the Night* by Jodi A. Mindell, PhD
- *The No-Cry Sleep Solution* by Elizabeth Pantley
- *How to Get Your Kid to Eat ... But Not Too Much* by Ellyn Satter