

# 12 Month Visit

## How Your Family Is Doing

- ★ If you are worried about your living or food situation, reach out for help. Community agencies and programs such as WIC and SNAP can provide information and assistance.
- ★ Don't smoke or use e-cigarettes. Keep your home and car smoke-free. Tobacco-free spaces keep children healthy.
- ★ Consistency is important - make sure everyone who cares for your child offers healthy foods, avoids sweets, provides time for active play, and uses the same rules for discipline that you do.
- ★ Make sure the places your child stays are safe.
- ★ Think about joining a toddler playgroup or taking a parenting class.
- ★ Take time for yourself and your partner.
- ★ Keep in contact with family and friends.

## Establishing Routines

- ★ Praise your child when they do what you ask them to do.
- ★ Use short and simple rules for your child.
- ★ Try not to hit, spank, or yell at your child.
- ★ Use short time-outs when your child isn't following directions.
- ★ Distract your child with something they like when they start to get upset.
- ★ Play with and read to your child often.
- ★ Your child should have at least one nap a day.
- ★ Make the hour before bedtime loving and calm, with reading, singing, and a favorite toy. Establish this as a routine!
- ★ Try to avoid letting your child watch TV or play on a tablet or smartphone.
- ★ Consider making a family media plan. It helps you make rules for media use and balance screen time with other activities, including exercise.
- ★ Your child will likely continue to have separation anxiety and fuss when you leave at this age, but remember you are likely more upset by this than they are! Instead of sneaking away when you need to leave, leave your child with a promise to return, and greet them enthusiastically when you return! Over time your child will learn that you always return and feel more secure.

## Finding a Dentist

- ★ Take your child for a first dental visit as soon as their first tooth erupts or by 12 months of age.
- ★ Brush your child's teeth twice a day with a soft toothbrush. Use a small smear of fluoride toothpaste (no more than a grain of rice).

## Feeding Your Child

- ★ At 12 months old you may start to introduce whole milk or you may choose to continue to breastfeed.
  - We recommend cow's milk as its profile is the closest to human milk, compared to other kinds of milk. If you are interested in cow milk alternatives, please reach out to the office to discuss them further.
- ★ You can also offer water to drink, but avoid juices, sugary drinks, and marketed "toddler milk".
- ★ Offer healthy foods for meals and snacks. Offer 3 meals and 2 to 3 snacks spaced evenly over the day.

- ★ Your 1-year-old needs about 1000 calories a day – however, they may not have those calories evenly divided through the day! Your child may:
  - Eat everything in sight at breakfast, and almost nothing the rest of the day
  - Eat only the same food for three days in a row, and then reject it entirely
  - Eat 1000 calories one day, but then noticeably less or more over the next day or two
- ★ Let your child decide what and how much to eat. End their meal when she stops eating.
- ★ Avoid small, hard foods that can cause choking— popcorn, hot dogs, grapes, nuts, hard/raw vegetables, or chunks of peanut butter. Hotdogs and carrots in particular should be quartered lengthwise and then sliced into small pieces.
- ★ Have your child eat with the rest of the family during mealtimes.
- ★ Avoid giving foods that are heavily spiced, salted, buttered, or sweetened – these can prevent your child from experiencing the natural taste of foods.
- ★ Encourage your child to feed themselves.
- ★ Use a small plate and cup for eating and drinking.
- ★ Be patient with your child as they learn to eat without help.
- ★ Make sure your child eats only while seated and under supervision.
- ★ Make sure caregivers follow the same ideas and routines for meals that you do.

### A Sample Menu

#### BREAKFAST

- ½ cup iron-fortified breakfast cereal or 1 cooked egg
- ½ cup whole or 2% milk
- ½ banana, sliced
- 2 to 3 large sliced strawberries

#### SNACK

- 1 slice toast or whole-wheat muffin with 1–2 tablespoons cream cheese or peanut butter, or ½ cup yogurt with cut-up fruit
- Water or ½ cup whole or 2% milk

#### LUNCH

- ½ sandwich: sliced turkey or chicken, tuna, egg salad or peanut butter
- ½ cup cooked green vegetables
- ½ cup whole or 2% milk

#### SNACK

- 1 to 2 ounces cubed or string cheese, or
- 2 to 3 tablespoons fruit or berries
- Water or ½ cup whole or 2% milk

#### DINNER

- 2 to 3 ounces cooked meat, ground or diced
- ½ cup cooked yellow or orange vegetables

- ½ cup whole-grain pasta or potato
- ½ cup whole or 2% milk

### Travel Safety

- ★ Make sure your child's car safety seat is rear facing until they reach the highest weight or height allowed by the car safety seat's manufacturer. In most cases, this will be well past the second birthday.
- ★ Never put your child in the front seat of a vehicle that has a passenger airbag. The back seat is safest.

### Home Safety

- ★ Place gates at the top and bottom of stairs. Install operable window guards on windows at the second story and higher. Operable means that, in an emergency, an adult can open the window.
- ★ Keep furniture away from windows.
- ★ Make sure TVs, furniture, and other heavy items are secure so your child can't pull them over.
- ★ Keep your child within arm's reach when they are near or in water.
- ★ Empty buckets, pools, and tubs when you are finished using them.
- ★ Never leave young brothers or sisters in charge of your child.
- ★ When you go out, put a hat on your child, have them wear sun protection clothing, and apply sunscreen with SPF of 15 or higher on his exposed skin. Limit time outside when the sun is strongest (11:00 am–3:00 pm).
- ★ Keep your child away when your pet is eating. Be close by when they play with your pet.
- ★ Keep poisons, medicines, and cleaning supplies in locked cabinets and out of your child's sight and reach.
- ★ Keep cords, latex balloons, plastic bags, and small objects, such as marbles and batteries, away from your child. Cover all electrical outlets.
- ★ Put the Poison Help number into all phones, including cell phones. Call your health care professional if you are worried your child has swallowed something harmful. Do not make your child vomit.

### What vaccines will be due at the 15 Month Visit?

- ★ Pentacel (DTaP, Hib, and Polio combination vaccine)

### Helpful Resources:

- Smoking Quit Line: 800-784-8669
- Family Media Use Plan: [www.healthychildren.org/MediaUsePlan](http://www.healthychildren.org/MediaUsePlan)
- Poison Help Line: 800-222-1222
- Information About Car Safety Seats: [www.nhtsa.gov/parents-and-caregivers](http://www.nhtsa.gov/parents-and-caregivers)
- Toll-free Auto Safety Hotline: 888-327-4236

### Sources:

<https://brightfutures.aap.org>

<https://healthychildren.org>