



## **Important Points for the 12 Month Visit**

### **Nutrition:**

Whole milk may replace formula or breast milk at one year of age. Please limit the amount of whole milk to 12-16 ounces per day. Your child should be eating 3 healthy meals eaten with the family and 3 snacks. Juice, if any, should be limited to 4 ounces per *day*. Your baby's appetite is going to take a nosedive in the next 6 months; this is due to a decrease in his rate of growth, which is now only 4-6 lbs per year. Never force your child to eat, instead develop a "take it or leave it" attitude. Your job as a parent is to offer 3 healthy meals and snacks with emphasis on a variety of foods—your child's job is to determine the amount of food she needs. Please discontinue all bottles. After 1 year, the bottle is more of a comfort item and can cause damage to the teeth.

### **Development:**

Pulls to a stand, cruises furniture or walks alone with an unsteady gait, plays pat-a-cake, peek-a-boo and so-big, bangs blocks together, has a vocabulary of 1-3 words in addition to mama and dada, waves bye-bye, feeds himself, points with a finger.

### **Touchpoints:**

- Sleep: Often, the baby just learning to walk will experience a period of regression—he may wake at night standing in his crib unable to get back down. Remember this is *his* issue and one that he will master soon. Most 1 year olds still take 1-2 naps.
- Your child will need allowance for exploration, but you will need to provide safe limits. To discipline a 1 year old, use distraction, loving restraint and removal of the object or removal of the child. Spanking a child teaches aggression and does not allow for your child's own self regulation. Discipline, to be effective, must be loving and consistent. Your child needs guidance for his protection and to learn others have rights.

### **Safety:**

- You must take safety to the next level; accidents kill more children than all other diseases combined. Get down on your hands and knees to see from her perspective. Place plastic plugs in electrical sockets. Install gates at the top and bottom of stairs. Place safety devices on windows. Never use a baby walker with wheels. Lower the crib mattress. Learn CPR.
- Anything that can fit in a used toilet paper roll can occlude your baby's airway.
- Continue to use a rear facing car seat and never place your baby in the front passenger seat. You will not turn your baby forward until 2 years or older, or have outgrown weight or height limits for seat.
- Keep all poisonous substances, medicines, cleaning agents, health and beauty aids, paint and paint solvents locked away from your toddler's sight and reach. Never store poisonous substances in empty jars or soda bottles.
- If guns are in your house, lock the guns and ammunition separately, and hide the keys where your child cannot reach them. Kids need to understand that guns are not toys and learn how to behave around them.
- Always empty buckets, tubs or small pools immediately after use.
- Install smoke and carbon monoxide detectors and check that they work properly every month. Keep the baby's environment free of smoke: no smoking in the home or car.

### **What to expect during this visit:**

- Your child will receive the following immunizations: Varivax (chicken pox), MMR, Prevnar and Hepatitis A.
- Your child may run a fever and be irritable for 24-48 hours after getting the shots or may experience a fever and mild rash in 7-12 days after the MMR vaccine. Please refer to the "After the Shots" handout for specific instructions.
- We will discuss your baby's growth and development and any other concerns that you may have. Please prepare and bring in questions for your next visit at 15 months.