

Well Child Handout: Your child at 12 Months



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NEXT WELL VISIT: 15 months of age

Vaccines Information Sheet (VIS)

<https://www.cdc.gov/vaccines/hcp/current-vis/>

MEDICATION DOSAGE:

- Acetaminophen (Tylenol) (160mg/5ml) dose _____ ml every 4 hours as needed
- Ibuprofen (Child Susp. 50mg/1.25ml) dose _____ ml every 6 hours as needed
- Ibuprofen (Child Susp. 100mg/5ml) dose _____ ml every 6 hours as needed

DENTAL CARE:

- Schedule a dental appointment
- Brush teeth with a grain of rice sized amount of fluoride toothpaste twice a day.

DEVELOPMENT

All babies develop at their own rate. At this age you may notice that your baby:

- Says one or more meaningful words or sounds
- Places objects inside each other
- Copies sounds
- Looks for objects hidden from view
- Points to objects that he or she wants
- Takes steps while holding onto furniture or takes steps alone with legs wide apart
- Follows simple directions
- Picks up small objects precisely with thumb and forefinger

NUTRITION

- Transition to cow's milk-16 to 24 ounces a day is enough. This is a good time to transition from bottle to sippy or straw cup.
- Continue breast feeding if you and your baby desire.
- Babies at this age do not need juice. If you choose to give juice to your child, limit the amount to no more than four ounces a day, never in a bottle.
- Have your child use a spoon and feed himself or herself-even if it is messy.
- Let your child eat more finger foods such as cut fresh fruit, Cheerios, pieces of whole grain bread or infant crackers. Do not give your child foods that he or she can choke on such as nuts, raisins, popcorn, hard candy or hot dogs cut into round pieces.
- Children without allergies can eat honey, eggs, fish, shellfish and foods that contain nuts.
- Continue Vitamin D supplements, now your child needs 600 IU each day.
- This is a common time for food struggles to arise. Focus on offering your child healthy foods; let your child decide how much to eat. The amount of food your child eats can vary from day to day. Do not force your child to clean his or her plate. It is normal for weight gain to slow this year so your child may eat less than before. Do not let your child watch electronics during mealtimes.

SAFETY

- Use a car seat that is convertible and rear-facing for as long as your child meets the seat's weight and height recommendations and at least until he or she is two years old.
- Keep following safety guidelines when your child is close to water, near stairs or on high surfaces. Kids can climb onto counters and tables at this age; some will climb out of their crib.

- Be sure to watch your child closely when visiting friends and family who have not baby-proofed their home.
- Make sure that your baby's toys do not have sharp edges or small pieces that could break off. The toys should be at least one and a half inches wide—your baby could choke on them if they are smaller than that.
- Keep balloons and plastic bags away from your baby— they are dangerous and can suffocate children.
- Keep the crib mattress at the lowest setting.
- Don't have your child in the sun often or for long periods of time. When outdoors put a hat on your child and apply sunscreen with at least SPF 30.
- If you live in a home that was built before 1950 or a recently remodeled home that was built before 1978, your child may need a simple blood test to check lead levels. Talk with your doctor.
- Make sure that the smoke and carbon monoxide detectors in your home are working.
- If you have guns in your home, keep them unloaded, locked and stored away from ammunition.
- If you are worried about violence in your home, please speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (1-800-799-7233) or ndvh.org.
- Keep the Poison Control Hotline number handy: 1-800-222-1222.

SETTING LIMITS

Your child is exploring the world and curious about everything. Make it easy for him or her to be good— make sure some parts of your home are safe for your child to explore freely. Remove dangerous objects and let him or her roam. Keep setting the same limits, and say, "No," when your child does something dangerous or hostile.

However, if you use "no" all day long, it will lose its meaning. Smile and praise your child when he or she does something well. When your child does something he or she should not do, such as stand on a chair, teach your child the right way to act—say, "Chairs are for sitting," while helping him or her to sit down.

SLEEP

By now your child should sleep through the night and take one or two naps during the day. He or she should not feed at night, and you should have a regular and pleasant bedtime routine. It is common for travel or illness to change the routine. But children who are used to a set routine often return back to their normal patterns quickly.

FOCUS ON FAMILY

- Postpartum depression can happen at any time during the first year. If moms feel sad, anxious or depressed beyond this time, they should seek help and talk with their doctor. You can find more information online at postpartum.net.
- Spend time together as a family— picnic in the backyard or a trip to the zoo can be a lot of fun. Your child does not need pricey classes—just time with you.
- Think about going on a family vacation. Talk with your doctor if you will be going to another country

PROMOTING DEVELOPMENT

- Read to your child every day. Children at this age like board books with large pictures.
- Avoid baby talk with your child. Speak to him or her like you speak to other adults and expect that he or she will understand you.
- Your child is trying to do more on his or her own, which can be hard for you. Let your child struggle a bit to do tasks on his or her own but be sure to keep your child safe.

ADDITIONAL RESOURCES

- American Academy of Pediatrics, Healthy Children website
<https://www.healthychildren.org/english/ages-stages/baby/Pages/default.aspx>
- Breastfeeding Resource, KellyMom.com
<https://kellymom.com>