

Health and Wellness: 12 Months

Development

In the next 3 months, your child may:

- feed himself or herself with a spoon (some food may spill)
- go to a parent for help
- help turn pages of a book
- point to pictures in a book
- say 3 or more words
- walk with little help
- stoop down to pick up an object and stand back up without falling.

Feeding Tips

- Start giving your child whole milk in a cup with meals. Limit the amount of milk to no more than 24 ounces each day. Water should be offered between meals.
- Wean your child off of bottles and formula.
- You can continue breastfeeding as long as you want, along with offering your child regular meals and snacks.
- Offer a variety of foods even if your child does not always eat them.
- Your child should only be drinking milk, breastmilk or water. Other beverages, including juice, are not recommended.

- Give your child foods that are small enough or soft enough to prevent choking. High-risk foods include grapes, hot dogs and string cheese. Cut these foods lengthwise. Do not give your child whole nuts or popcorn.
- Talk with your health care provider about giving your child a vitamin D supplement.

Sleep

- Your child may need about 13 hours of sleep each day.
- Your child may take one or two naps each day over the next 6 months.
- Continue your calming bedtime routine. This can include giving a bath, reading books or singing songs.
- Put your child to sleep when he or she is sleepy but still awake. This will help your child learn how to comfort himself or herself before falling asleep.

Safety

- **Never shake or hit your child.**
 - If you are losing control, take a few deep breaths, put your child in a safe place and go into another room for a few minutes. If possible, have someone else watch your child so you can take a break. Call a friend, your local Crisis Nursery or United Way at 651-291-0211 or dial 211.

(over)

- Use an approved car seat for the height and weight of your child every time he or she rides in a vehicle. The car seat must be properly secured in the back seat.
 - The car seat should be rear-facing (facing the rear window) until your child is at least 2 years old. Ideally, your child should continue to be rear-facing until he or she passes the height and weight limits for his or her convertible (toddler) car seat.
 - Car seat straps should fit snugly against your child. Layer blankets or car seat covers over your child for warmth. Snowsuits are not necessary.
 - Do not talk or text on your cellphone while driving.
 - When your child is outside, use sunscreen with an SPF of at least 15. Use a brand with the active ingredients titanium dioxide or zinc oxide. Avoid any that contain oxybenzone.
 - Keep all medicines, cleaning supplies and poisons locked and out of your child's reach.
 - Call the poison control center or your health provider for instructions in case your child swallows poison. Have these numbers handy by your phone or program them into your phone.
 - Use outlet covers, cover any sharp furniture corners, eliminate dangling cords (including window blinds) and tablecloths, and consider child locks on cabinet drawers and doors.
 - Falls are common at this age. Put gates on all stairways and doors to dangerous areas.
 - Never leave your child alone in the bathtub or near water. A child can drown in as little as 1 inch of water. The number one cause of death for children ages 1 to 4 is drowning.
 - Turn your water heater to its lowest setting (lower than 120 F).
 - Never put hot liquids near table or countertop edges. Keep your child away from a hot stove, oven and furnace.
 - When cooking on the stove, turn pot handles to the inside and use the back burners. When grilling, be sure to keep your child away from the grill.
 - Do not let your child near machines such as lawn mowers or cars while they are running.
 - Never place a string or necklace around your child's neck due to the risk of strangulation. This also applies to attaching a pacifier to a string or cord.
 - Do not let anyone smoke or vape in your house or car at any time.
- ## What To Know About Screen Time
- The first two years of life are critical for the growth and development of your child's brain. Your child needs positive interaction with other children and adults.
 - Screen time includes watching television and using devices such as cellphones, video games, computers and other electronics.
 - Screen time has a negative effect on your child's development. This is especially true when your child is learning to talk and play with others.
 - The American Academy of Pediatrics does not recommend any screen time (except for video-chatting) for children younger than 18 months.
- ## What Your Child Needs
- Your child can understand almost everything you say. He or she will respond to simple instructions. Your child will repeat what you say. Be aware of what you say and the tone of your voice around your child.
 - Talk, sing and read to your child often. Show your child picture books. Point to objects and name them. This time should be free of television, texting and other distractions.
 - Hold, cuddle and kiss your child often.
 - Encourage your child to play alone as well as with you and any siblings.

- You will need to teach your child through discipline. Teach and praise positive behaviors. Distract and prevent negative or dangerous behaviors.
- Temper tantrums are common and should be ignored. Make sure your child is safe during the tantrum. If you give in, your child will throw more tantrums.

Dental Care

- Make regular dental appointments for cleanings and checkups starting at age 3 years or earlier if there are questions or concerns. Your child may need fluoride supplements if you have well water.
- Brush your child's teeth with a soft-bristled toothbrush when he or she wakes up and before he or she goes to bed. You should use a small amount (size of a grain of rice) of toothpaste with fluoride. Let your child play with the toothbrush after brushing.

Community and Health Information Resources

- **Healthy Children**
— healthychildren.org
- **Poison Control**
— 1-800-222-1222 or poison.org
- **Circle of Moms**
— wellness.allinahealth.org/events/41553

Minnesota

- **MinnesotaHelp.info**[®]
— mnhelp.info
- **United Way**
— 211unitedway.org
— dial 211 or 651-291-0211
- **Women, Infants & Children (WIC) Program**
— health.state.mn.us/wic

- **Early Childhood Family Education**
— education.mn.gov/MDE/fam/elsprog/ECFE
- **Parent Aware**
— parentaware.org
- **Help Me Grow**
— helpmegrowmn.org

Wisconsin

- **211 Wisconsin**
— 211wisconsin.communityos.org
— dial 211 or 1-877-947-2211
- **Women, Infants & Children (WIC) Program**
— dhs.wisconsin.gov/wic
- **Early Childhood Family Education**
— dpi.wi.gov/early-childhood
- **Child Aware of America (Wisconsin)**
— childcareaware.org/state/wisconsin
- **Birth to 3 Program**
— dhs.wisconsin.gov/birthto3

Your Child's Next Well Checkup

- Your child's next well checkup will be at 15 months.
- Your child may need these vaccinations:
 - PCV13 (pneumococcal conjugate vaccine, 13-valent)
 - Hib (haemophilus influenza type B)
 - influenza.

Information about the Vaccines For Children (VFC) program is available if your child is eligible for the program. VFC is a federally funded program that offers vaccines at no cost.

Talk with your health care provider about giving acetaminophen (Tylenol[®]) after your child's immunizations.