

Health and Wellness: 12 Months

Development

At this age, your child may:

- pull him or herself to a stand and walk with help
- take a few steps alone
- use a pincer grasp to get something
- point or bang two objects together and put one object inside another
- say one to three meaningful words (besides “mama” and “dada”) correctly
- start to understand that an object hidden by a cloth is still there (object permanence)
- play games like “peek-a-boo,” “pat-a-cake” and “so-big” and wave “bye-bye.”

Feeding Tips

- Weaning your child from the bottle will protect his or her dental health and promote speech. Once your child can handle a cup, you can start taking him or her off the bottle. Start with the least important time he or she gets a bottle. Take away one bottle each week. You may be able to stop bottle feedings “cold turkey.”
- Your child may refuse to eat foods he or she used to like. Your child may become very “picky” about what he or she will eat. Offer other foods, but do not make your child eat them.
- Give your child soft, non-spicy foods.
- Give your child a sippy cup.

- You may give your child whole milk. He or she may drink 16 to 24 ounces each day. Or, you may offer three servings of dairy such as 6 ounces of milk, 3 to 4 ounces of yogurt, 8 ounces of cottage cheese, 1 ounce of cheese or two breastfeedings.
- Limit the amount of fruit juice your child drinks to less than 4 ounces each day.
- Your child needs at least 600 IU of vitamin D each day.

Sleep

- Your child may only take one nap each day over the next 6 months.
- Your child may need about 13 hours of sleep each day.
- Continue your regular nighttime routine: bath, brushing teeth and reading.

Safety

- Use an approved car seat for the height and weight of your baby 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 baby is at least 2 years old. Ideally your baby 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 baby.
- Layer blankets or car seat covers over your baby as needed for warmth. Snowsuits are not necessary.

(over)

- Be a good role model for your child. Do not talk or text on your cellphone while driving.
- Falls at this age are common. Keep gates on stairways and doors to dangerous areas.
- Your child will likely explore by putting many things in his or her mouth. Keep all medicines, cleaning supplies and poisons out of your child's reach.
- Call the poison control center (1-800-222-1222) or your health care provider for directions in case your baby swallows poison. Have these numbers handy by your telephone or program them into your phone.
- Keep electrical cords and harmful objects out of your child's reach.
- Do not give your child small foods (such as peanuts, pieces of hot dog or grapes) that could cause choking.
- Turn your hot water heater to less 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 be near running machines, lawn mowers or cars.
- Never leave your child alone in the bathtub or near water. "Knowing how to swim" does not mean your child will be safe in the water.
- Use sunscreen with a SPF of more than 15 when your child is outside.
- Read to your child often. Set aside a few quiet minutes every day for sharing books together. This time should be free of television, texting and other distractions.
- Hold and cuddle your child as often as he or she will allow.
- Encourage your child to play alone as well as with you and siblings.
- Your child will become more independent. He or she will say "I do" or "I can do it." Let your child do as much as is possible. Let him or her make decisions as long as they are reasonable.
- 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 the child is safe during the tantrum. If you give in, your child will throw more tantrums.
- **Never shake or hit your baby.** 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 First Call for Help at 651-291-0211 or dial 211.

Dental Care

- Make regular dental appointments for cleanings and checkups starting at age 3 or earlier if there are questions or concerns. (Your child may need fluoride tablets if you have well water.)
- Brush your child's teeth 1 to 2 times each day. You do not need to use toothpaste. If you do, use a very small amount. Let your child play with the toothbrush after brushing.

What Your Child Needs

- Your child can understand almost everything you say. He or she will respond to simple directions. Do not swear or fight with your partner or other adults. Your child will repeat what you say.
- Show your child picture books. Point to objects and name them.

Lab Work

Your child may have his or her hemoglobin and lead levels checked.

- Hemoglobin – This is a blood test to check for anemia (low iron in the blood).
- Lead – This is a blood test to look for high levels of lead in the blood. Lead is a metal that can get into a child's body from many things. Evidence shows that lead can be harmful to a child if the level is too high.

Immunizations (Shots) Today

Your child may receive these shots at this time:

- HepA (hepatitis A)
- PCV13 (pneumococcal conjugate vaccine, 13-valent)
- influenza.

Talk with your health care provider for information on giving acetaminophen (Tylenol®) before and after your child's immunizations.

Your Child's Next Well Checkup

Your child's next well checkup will be at 15 months.

Your child may need shots for:

- MMR (measles, mumps, rubella)
- VAR (varicella)
- Hib (haemophilus influenzae type B)
- influenza.

Talk with your health care provider for information on giving acetaminophen (Tylenol®) before and after your child's immunizations.