

12 Month Old Handout

Family Support

- Now that your child is more mobile, she may test her independence and your patience.
- Use non-physical forms for discipline such as distracting your child during bad behavior, using short time outs (1 minute), removing your child from the situation, or hugging. Try not to hit, spank, or yell at your child.
- Every child has tantrums – try to react in a calm and understanding manner, and not with anger.
- Avoid situations that lead to tantrums such as hunger and fatigue.
- Keep rules for your child short and simple.
- Praise your child for good behavior.
- Remember that discipline is the teaching of rules and the setting of limits, not punishment.
- Play with and read to your child often.
- Make sure everyone who cares for your child gives healthy foods, avoids sweets, and uses the same rules for discipline.
- Make sure 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

- Your child should have at least one nap. Space it to make sure your child is tired for bed.
- Make the hour before bedtime loving and calm.
- Have a simple bedtime routine that includes a book.
- Avoid having your child watch TV and videos, and never watch anything scary.
- Be aware that fear of strangers is normal and peaks at this age.
- Respect your child's fears and have strangers approach slowly.
- Avoid watching TV during family time.
- Start family traditions such as reading or going for a walk together.

Feeding Your Child

- By this age, your child may have tripled her birth weight.
- As this period of rapid growth slows down markedly, appetites also diminish.
- Continue to add more table foods, but expect your child to eat only small portions.
- Have your child eat during family mealtime.
- Be patient with your child as she learns to eat without help.
- Encourage your child to feed herself.
- Give 3 meals and 2–3 snacks spaced evenly over the day to avoid tantrums.
- Make sure caregivers follow the same ideas and routines for feeding.
- Use a small plate and cup for eating and drinking.
- Provide healthy foods for meals and snacks.
- Let your child decide what and how much to eat.
- End the feeding when the child stops eating.
- Avoid small, hard foods that can cause choking—nuts, popcorn, raisins, and hard, raw veggies.

Safety

- It is best to keep your child's car safety seat rear-facing until she is 2 years old or reaches the seat's weight or height limit for rear-facing use.
- Lock away poisons, medications, and lawn and cleaning supplies. Call Poison Help (1-800-222-1222) if your child eats non-foods.
- Keep small objects, balloons, and plastic bags away from your child.
- Place gates at the top and bottom of stairs and guards on windows on the second floor and higher. Keep furniture away from windows.
- Lock away knives and scissors.
- Only leave your toddler with a mature adult.
- Keep hot water temperature below 120 F
- Near or in water, keep your child close enough to touch.
- Make sure to empty buckets, pools, and tubs when done.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.

Teeth

- Brush your child's teeth twice each day. Use a soft toothbrush and "a grain of rice" amount of fluoride toothpaste.
- Avoid using a bottle and transition to a cup. If still using a bottle, offer only water.

Immunizations

- It is recommended that your child receive three vaccines today: Varivax is a vaccine to prevent against chickenpox; MMR a vaccine that prevents against measles, mumps, and rubella; and the Hepatitis A vaccine.
- The measles portion of the MMR vaccine may produce a mild rash or fever 7-12 days after the vaccine is given.
- Any vaccine can cause local redness/soreness and a low grade fever.
- It is recommended to avoid ibuprofen products for 30 days after receiving the Varivax vaccine. Acetaminophen may be given instead.
- If there were any identified risks for tuberculosis exposure a PPD test to screen for tuberculosis may have been done today. If a PPD test was administered today, please schedule an appointment to return in 48-72 hours to have the test read by a nurse.

Blood Tests

- A hemoglobin test was done today to screen for anemia. If your child's hemoglobin level was low, you may have been instructed to start an iron supplement.
- If there were any risks for lead exposure, a lead test was also performed to screen for lead poisoning.

The next check-up will be the 15 Month Visit

Poison Help:

1-800-222-1222

Child safety seat inspection:

1-866-SEATCHECK; seatcheck.org