

WELL CHILD CARE AT 12 MONTHS

NUTRITION

- Breastfeed or give 16 to 24 ounces of milk or milk substitute to provide the necessary calcium for baby.
- Whole milk (instead of low-fat) is recommended until age 2 years.
- Give water instead of juice or soda to satisfy thirst.
- Your baby will not grow as fast during the second year of life and may become a “picky” eater. This is normal. Trust his/her appetite.
- Offer table foods that are cut up into very small pieces from a variety of food groups (fruits, vegetables, grains, etc.). Let baby start practicing using a spoon.

DEVELOPMENT

- Walking may occur between 9 to 15 months. Choose shoes with flexible soles for walking outside.
- Baby follows simple commands
- Uses 1-2 words
- Imitates your movements or sounds. Read to your baby every day from books with interesting pictures and colors.
- Your baby may start “testing” you. It is time to set limits and to be consistent with discipline. Spanking is not recommended.

DENTAL

- Brush your baby’s teeth twice a day with water and a dab of baby toothpaste if you wish.
- Do not feed your baby milk or juice bottles during the night.
- Practice using the “sippy” cup more and more and begin weaning the baby off the bottle.
- This is a good time to begin weaning off the pacifier.

SAFETY

- Rear-facing is the safest position for infants in car seats as long as the child meets the height and weight limits for the seat.
- Never leave your baby unattended in a car.
- Keep plastic bags and balloons out of reach.
- Use only unbreakable toys without sharp edges or small parts.
- The cruising infant may pull down furniture or tablecloths so check the house from their perspective.
- Never drink or carry anything hot near your baby.
- Check your smoke detectors and carbon monoxide monitors to make sure they work.
- Lower the crib mattress. Do not put extra pillows in the bed.
- Do not smoke in the house or near your baby.
- Place covers in outlets that baby can reach.
- The telephone number for **POISON CONTROL** is **1-800-222-1222**.

IMMUNIZATIONS

- Your baby is now old enough to receive protection against measles, mumps, rubella, chickenpox and Hepatitis A. During the coming year, he/she also needs BOOSTER doses for protection against diphtheria, tetanus, pertussis (whooping cough), Haemophilus influenza type B and pneumococcus.
- These shots should be completed by age 2 years.

NEXT VISIT – AGE 15 MONTHS

- Please bring the shot record to all check-up visits.