

TWELVE MONTH VISIT

DEVELOPMENT

1. At this age, most children can crawl well, walk with support, may walk independently, will imitate sounds, say several words and pick up tiny objects between their thumb and index fingers. Accident prevention must be a major parental concern.
2. Reading with your child is critical for developing language skills.
3. During the next few months, your child's motor and language skills will improve.
4. Please complete the PEDS Response Form to help us assess your child's development. We recognize that some of the questions are not relevant to your child at this age.

DIET

1. Table foods are appropriate for most children at this age.
2. Avoid sweets and other junk foods. Peanuts and other nuts are choking hazards and should be avoided. Peanut butter is acceptable if there is no peanut allergy.
3. Your child will develop definite likes and dislikes with regard to foods. There is no single food that your child requires for good health. A balanced diet should be offered to your child.
4. By now, your child should be using a cup to drink fluids and the bottle should be phased out. There is no specific amount of milk a child needs at this age. Eight to twelve ounces is sufficient and more than a quart is too much. The more children drink, the less they eat.
5. A marked decrease in appetite is normal at this age and should not be a source of parental concern. Your child will eat what is needed if given the opportunity to eat a balanced diet.
6. Continue vitamin and/or fluoride supplements if prescribed.

SAFETY

1. Accident prevention is critical at this age.
2. Use an approved car seat, infant or toddler size depending on the size of your child. Place in the back seat. The American Academy of Pediatrics recommends that car seats face backwards until the age of 2 years.
3. Do not leave child unattended in bathtub. Lower crib mattress to lowest level.
4. Keep all medicines, cosmetics, cleaning supplies, plants, and sharp and small objects away from your child.
5. Protect your home with smoke and carbon monoxide detectors.
6. Cover electrical outlets and do not allow child to play with electrical cords.
7. Keep basement doors closed. Use window guards on upstairs windows, gates on stairways.
8. Poison Control Center telephone 1-800-222-1222.
9. Parental cigarette smoking is associated with serious disease in infants including respiratory illnesses, ear infections and an increased risk of Sudden Infant Death Syndrome (SIDS). Cigarette smoke causes cancer. Do not expose your child to this toxin.
10. Use sun block during the appropriate times of the year.
11. Perform a full body tick check each night before bed.
12. Protect against mosquito bites. Use insect repellent sparingly.

DISCIPLINE

1. As children become more mobile and verbal, they become more independent and defiant.
2. Children react to frustration by crying and throwing temper tantrums. The tantrums will become more frequent if parents respond by giving in to this behavior. The best way to handle tantrums is to ignore them. Behavior that is not reinforced will stop.
3. Set consistent, reasonable limits. Be patient. Children learn by repetition.
4. Both parents must agree on the method of discipline.
5. Reward desired behavior. Do NOT reward undesired behavior.
6. Self-image is important. Children like to please; they should not be referred to as bad, since they will be given a reputation to live up to. You may disapprove of what your child does, but never disapprove of your child.

SLEEP

1. Most infants are sleeping through the night at this age. Infants who are fed at bedtime should be held rather than put into bed with a bottle. Infants placed into bed should not be allowed to get up; they may have to be sung to or have their backs rubbed to get them to sleep. Some parents prefer to rock their infants to sleep in their arms; this is okay as long as you recognize that you are developing a habit that may difficult to break. Do not bring your infant into bed with you; parents who try this usually regret it.
2. Establishment of a definite bedtime routine such as a bath followed by a bedtime story will help your child settle down to go to sleep.
3. Infants who awaken at night and pull themselves to standing should be changed if wet and placed back into the crib. Infants who get up and play at night should not be rewarded with your presence; they will eventually go back to sleep if left alone.
4. Do NOT place a TV in your child's bedroom.
5. The duration and timing of naps is variable at this age. You will recognize when your child is tired. Use a crib for sleeping, playpens for playing.
6. The American Academy of Pediatrics recommends 12-16 hours of sleep, including naps, per day at this age.

SHOES

1. Shoes are needed only for protection from sharp objects and the cold. Rigid shoes should be avoided. Shoes should fit well, be flexible, able to breathe and have non-skid soles.

PROCEDURES

1. The American Academy of Pediatrics recommends that fluoride varnish be applied every 3-6 months to the teeth of infants between the ages of 6 months and 5 years. Please discuss this recommendation with your physician.

IMMUNIZATIONS

1. Please notify the physician if your toddler has had a reaction to any previous immunizations.
2. Today, your toddler will receive the following vaccines:
 - a. MMR (Measles, Mumps, Rubella).
 - b. Varivax (Varicella, or Chickenpox).
 - c. Hepatitis A.
 - d. Influenza, if available
3. Infant Acetaminophen in appropriate dosage for weight (18-23 lb, 3.75mL; 24-35 lb, 5mL) may be given as needed for fever, irritability, redness, or soreness at the injection site. Prolonged or severe reactions should be reported to the office.

NEXT VISIT: At 15 months of age.

Parent/Guardian must accompany child to all visits.

Copies of this and all Handouts may be found on our website at www.tri-countypediatrics.com