

Norman Pediatric Associates
Parent Handout 12 month Visit

Profile: The 12 – 15 months-old can pull himself/herself up to stand, cruise, and may even take a few steps on its own. Only about one-third of babies can walk well at 12 months but by 15 months of age most babies walk. Your baby enjoys interactive games such as pat-a-cake and peek-a-boo. Your baby is using his/her forefinger and thumb to pick up items, and can point to what he/she wants.

Feeding/Nutrition: Your child should be using a cup well by now. If your child hasn't stopped using the bottle, it is time to wean. Your child can begin whole milk rather than formula. Do not use low fat or skim milk until your child is 2 years old. Do not give juice. Allow your child to eat with the family in a high chair or booster seat. Use a small plate and cup for eating and drinking. You may wean all baby foods. Soft, small cuts of table food can be offered to your child. Give 3 meals spaced evenly over the day. Limit sugar and high fat foods - Eat Healthy! Your child is learning healthful eating habits now. Be patient with your child as he/she learns to eat without help. Encourage your child to feed himself/herself. Let your child decide what and how much to eat. End the feeding when the child stops eating. Never force your child to eat a specific food. Make sure caregivers follow the same ideas and routines for feeding. Avoid giving your child foods that are easy to choke on, such as: peanuts, popcorn, hot dogs, carrot, or celery sticks, whole grapes or large pieces of fruit, vegetables, or tough meat. Have your child sit while eating and supervise closely. Continue to give 400 IU of Vitamin D drops or 0.5 ml of Poly-vi-sol drops daily to your child.

Sleep/Bedtime: Expect your toddler to sleep through the night in his/her own bed. Make the hour before bedtime loving and calm. Allow him/her to learn self-quieting techniques by providing the same transitional object, such as a blanket or stuffed animal so they can console themselves at bedtime and in new situations.

Safety: Learn CPR.

Cars: Your child needs to stay in a rear facing car seat until 2 years of age. Read the instructions about your car safety seat to check on the weight and height requirements. Always ensure that the car seat is installed snugly (less than 1 inch wiggle at the base) in the rear seat. Oklahoma law requires your child to be in a car seat. Keep your toddler away from moving machinery, lawn mowers, and backing up cars.

Childproof: Continue to use gates at the top and bottom of stairs and use guards on windows on the second floor and higher. Keep furniture away from windows. Look around to see what your child can now or soon be able to reach. Use safety locks on cabinets. Keep firearms unloaded and ammunition locked away. We recommend using trigger locks on all firearms. Keep small objects, balloons, and plastic bags away from your child. Only leave your child with a mature adult.

Smoking/Burns: If a member of the family smokes: STOP SMOKING - Ask us for help if you cannot stop smoking. A smoke free environment is important for your child's health. Make your home and car "no smoking zones". The water heater should be less than 120° F. Test your smoke detector and CO detectors frequently and change the batteries. Keep your toddler away from the hot stove, fireplace, curling iron, and space heaters. Always use sunblock SPF 30 or higher on your child when going out to play. You may use bug sprays containing less than 30% DEET to prevent bug bites.

Drowning: Always supervise your toddler around water: the bathtub, toilet, bucket, pools, lakes or ponds. When boating, your child should always wear a life vest.

Poisoning: All poisonous substances: medicines, alcohol, cleaning agents, paints, and solvents should be kept out of the child's sight and reach.

Teeth/Oral Health: Use a soft toothbrush and a smear of fluoride toothpaste that is about the size of a grain of rice. Do not give your toddler a bottle or cup with sugar drinks at night. Brush your child's teeth twice each day.

Parent and Family: Find a way to have time for yourself and some individual time with your partner. Keep in contact with family and friends. Show affection in the family. Create opportunities for each family member to play and interact with the toddler every day. Limit the number of outside caretakers. Maintain or expand your community ties through social, religious, or recreational organizations. Start family traditions such as reading or going for a walk. Avoid watching TV during family time.

Discipline: The purpose of discipline is to teach acceptable behavior. Have rules that are short and simple and be consistent with their enforcement. If your toddler is heading into a forbidden area, redirect his or her attention. Distraction is a terrific tool to prevent larger problems. Gentle restraint and removal from the situation are also appropriate. Short time outs may be used when breaking the rules. Temper tantrums should be ignored because they are attention seeking behaviors. Don't allow yourself to get into a power struggle with your child. No one will win. Anticipate and avoid conflicts. Try not to hit, spank, or yell at your child. Make sure caregivers follow your same rules for discipline.

Daily Care: Praise your child for good behavior. Encourage language development by reading books and singing songs. Avoid having your child watch TV and videos, and never watch anything scary. Talk about what you are seeing and doing together. Provide a safe area where your child is able to explore the environment. Encourage your child to play alone and with siblings, playmates and parents. Be aware that fear of strangers is normal and peaks at this age. Respect your child's fears and have strangers approach slowly.

Immunizations today: The last Pneumococcal Vaccine (Prevnar) will be given today.

Oklahoma Poison Control Center:
(405) 271-5454 (OKC area)
1-800-222-1222 (state-wide toll-free)
Rev. 04-2014