

THE CHILDREN'S CLINIC, P.C.

www.childrens-clinic.com

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AGE TWELVE MONTHS

Name: _____

Wt: _____ lb _____ oz _____ %

Date: _____

Ht: _____ in _____ %

Head: _____ cm _____ %

Next physical appointment in 3-6 months

Special instructions:

DEVELOPMENT: Your baby is becoming more mobile. He will pull to a stand and "cruise" along furniture. Most babies walk independently at about a year, give or take a few months. He will babble and imitate sounds such as mama and dada. He will use his index finger and thumb together to pick up small objects and point at things with his index finger. Many babies this age cry when parents leave them. This is due to the child's development and is not necessarily due to spoiling. He will imitate actions, come when called, and cooperate with dressing.

PLAYTIME: Babies this age enjoy interactive games, such as peek-a-boo, pat-a-cake, and ball-rolling. They also enjoy exploring and looking for objects. Toys your child might like now would include objects of different sizes and shapes, such as measuring cups, stacking toys, graduated rings on a stand, shape sorters, balls, and push toys. Even simple household objects can be fun, such as baking pans, wooden spoons, plasticware, and cardboard boxes. Remember, everything goes into the mouth, so objects should be large enough to prevent choking and not have sharp edges.

FEEDING and DIET: Now is the time to switch to whole milk. If your child has been on a soy or a special formula, ask your doctor what to do next. Continue to offer a sipper cup using milk or water. This makes weaning from the bottle easier at 15-18 months. Your baby should be able to feed herself finger foods at this age, and she might resist your attempts to feed her with a spoon. Offer her the same foods your family eats, being careful to maintain a well-balanced diet with foods that are not highly sugared, salted or deep fat fried. She may have honey, berries and citrus fruit at this age. Continue to introduce one new food at a time. DO NOT give foods she might choke on, such as nuts, popcorn, grapes, whole hot dogs, hard candy and gum. These can wait until she is 3 years old. To decrease the chance of her choking, supervise mealtime, and feed her only when sitting.

Feeding time is a social event. Include your baby at family meals, and develop the habit of eating together as a family. Remember, mealtime at this age can be messy. Turn off the television during meal times as this time should be used to talk with and listen to your children.

DENTAL: Brush or wipe your baby's teeth everyday. Continue to give fluoride, if you don't have it in your water. NEVER allow a bottle or sipper cup to be taken to bed, as this practice can lead to tooth decay and ear infections.

SHOES: Your child does not need shoes to become a good walker. Bare feet are the best for learning to walk. Shoes are used to protect the feet from sharp and painful objects and to keep the feet warm. The ideal shoe is soft and bendable with a non-slippery sole.

SLEEP: Your baby might go peacefully to bed, or he might resist. Now is the time to reinforce a regular bedtime routine with quiet time (rocking, singing or reading stories) for 15-20 minutes. Say "Goodnight," give a kiss, and put your child to bed. It is OK to let him cry to sleep. Night waking might continue to occur, though babies this age do not need to eat during the night. If your baby awakens during the night, check on his safety and comfort and use a favorite toy or security object. Have as little interaction as possible, and put him back to bed as soon as possible. Try to avoid offering a bottle or nursing. At around 12 months, many babies go from taking two daytime naps to only one longer afternoon nap.

DISCIPLINE: Your child will be naturally curious and move quickly. She may seem to always be getting herself into awkward or even dangerous situations. When you see your child approaching an unsafe situation, remove her, and say "NO" firmly. A child at this age will respond to your redirection but will likely repeat the action. This is not an act of disobedience, just natural curiosity and exploration. Some children will bite, hit, or kick. Punishing your child by spanking or slapping her hand for this behavior confuses her. Praise your child for positive behavior. Independence and exploration at this age are expected. It is important for parents and others who care for your child to discuss expectations and discipline.

IMMUNIZATIONS: Your child will receive the MMR #1 and the chickenpox vaccines today. Some children might also receive a pneumococcal vaccine or a hepatitis B vaccine. Please review the vaccine information sheets that are given to you today. Note that the MMR and the chickenpox vaccines can have delayed reactions. Reactions to the MMR vaccine usually occur within 7-12 days after the shot. A rash can appear 5-26 days after the chickenpox vaccine is administered in 4-5% of people. This rash can look like very mild chickenpox and is rarely contagious to other people.

Your health care provider may also recommend a screening test for anemia, lead level, or tuberculosis..

SAFETY:

- Your baby should be riding in a car seat in the back seat facing toward the rear of the car until **one year of age AND a weight of 20 pounds** . Do not put infant car seats in the front seat. This is especially dangerous if the car has an airbag on the passenger side.
- Your baby may be big enough to change to a toddler car seat. Most infant car seats can only be used until the baby weighs 20 pounds or is 26-27 inches long. Always use an approved car seat in the recommended manner.
- Now that your baby is crawling or walking, you must be more aware of the potential dangers in your house and elsewhere.
- No matter how safe you think your house is, children this age need constant watching, unless they are in a playpen or crib.
- Increased mobility might lead to falling injuries. Use gates at stairs, and install safety devices on windows and screens. Pad fireplace hearths.
- Be sure that the crib mattress is as low as it will go and bumper pads are removed to prevent climbing and falling out.
- Please be aware, that as children begin to pull themselves up, they might grab and pull down tablecloths on which hot or heavy containers have been placed.
- Turn the handles of pots and skillets away from the stove's edge.
- Remove breakable objects from low tables.
- Cover all electrical outlets.
- Keep sharp objects (knives, scissors, tools, razor blades) and other hazardous objects (coins, glass objects, beads, pins, art supplies, medicines, and older sibling's toys that have small parts) in a secure place.
- Do not store toxic substances in empty food containers.
- Poison proof your house. Keep all detergents, cleaners and medicines locked up and out of reach. Never store poisons in food containers. If a poisoning occurs, call the **POISON CONTROL CENTER** at **(800) 222-1222**. Currently, Syrup of Ipecac is not recommended.
- Check the batteries in your smoke detectors.

SUGGESTED READING:

First Feelings: Milestones in the Emotional Development of Your Baby and Child, by Stanley Greenspan M.D., Nancy Thorndike Greenspan, published by Viking, 1985.

Taking Care of Your Child, by Robert Pantell, M.D., James Fries, M.D., and Donald Vickery, M.D., published by Addison Wesley Publishing Co., Reading, Mass., 1993 (4th Edition).

Solve Your Child's Sleep Problems, by Richard Ferber, published by Simon & Schuster, Inc., 1986.

Caring for Your Baby and Young Child, by Steven P. Shelov, M.D., Robert E. Hannemann, M.D., published by Bantam Books, 1991.

Your Child's Health, by Barton Schmitt, published by Bantam Books, 1991.