

Infancy Visit #27

- 12 Month Growth & Development
 - My Year as a Mom
 - Language
 - ASQ Activities: Age 1
 - Car Seats



Topics for Next Visit:

- What Should I Feed My Child?

**Month 12:
What's New?**

**Happy
birthday
to me!!**



So big!
Look how much I've grown...

My weight: _____

My length: _____

My clothing size: _____

We celebrated my first birthday by...

A cute moment during my birthday was...

The best part of my birthday was...

Learning about you...

**You've done & learned so much this year! It's been a lot of hard work.
Pat yourself on the back. You've done great!**

Remember when you first found out you were having a baby - What was it like?

Remember your first moments with me - What was it like?

What was it like the first time I smiled at you?

How are you different now than you were one year ago?

Dad's Days: 12 Months



One Year!! Can you believe it?

So many changes. So much growth.
So much to learn. A lot of work.
A lot of fun. *Who are you now?*

*My best memories with baby
this year:*

**Fatherhood changes you in
some great ways.**

*Since becoming a father, I am most
proud of:*

**People who
helped me grow
as a dad:**

How I will thank them for their help:

How I helped myself grow:

How I will thank myself:

Month 12: What's Next?

At twelve months I might:

- Crawl
- Walk 2 or 3 steps without support
- Begin to use things (like a cup or comb)
- Be shy with strangers
- Extend my arms or legs to help with dressing

SAFETY CHECK

**It's time to think about
a toddler car seat.**

You can help me learn!

- Play games with balls. Sit on the floor & roll a ball to me. Let me roll it back to you. Take turns.
- Find a big box. See if I will crawl in & out. Talk about what I'm doing. "You are in the box!" "Now you are out!"
- Turn on music. Clap & dance. See if I will copy you. Hold my hands if I need support.
- Talk to me during daily activities. "We're putting on your shirt. Your hands & arms go in the sleeves."
- Let me try out objects, like cups. Praise the efforts I make.

Your baby at 12 months

Baby's Name _____

Baby's Age _____

Today's Date _____

Milestones matter! How your baby plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your baby has reached by 12 months. Take this with you and talk with your baby's doctor at every well-child visit about the milestones your baby has reached and what to expect next.



What most babies do by this age:

Social/Emotional Milestones

- ☐ Plays games with you, like pat-a-cake

Language/Communication Milestones

- ☐ Waves "bye-bye"
- ☐ Calls a parent "mama" or "dada" or another special name
- ☐ Understands "no" (pauses briefly or stops when you say it)

Cognitive Milestones (learning, thinking, problem-solving)

- ☐ Puts something in a container, like a block in a cup
- ☐ Looks for things he sees you hide, like a toy under a blanket

Movement/Physical Development Milestones

- ☐ Pulls up to stand
- ☐ Walks, holding on to furniture
- ☐ Drinks from a cup without a lid, as you hold it
- ☐ Picks things up between thumb and pointer finger, like small bits of food

Other important things to share with the doctor...

- What are some things you and your baby do together?
- What are some things your baby likes to do?
- Is there anything your baby does or does not do that concerns you?
- Has your baby lost any skills he/she once had?
- Does your baby have any special healthcare needs or was he/she born prematurely?

You know your baby best. Don't wait. If your baby is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early. Talk with your baby's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:

1. Ask for a referral to a specialist who can evaluate your baby more; and
2. Call your state or territory's early intervention program to find out if your baby can get services to help. Learn more and find the number at [cdc.gov/FindEI](https://www.cdc.gov/FindEI).

For more on how to help your baby, visit [cdc.gov/Concerned](https://www.cdc.gov/Concerned).

**Don't wait.
Acting early can make
a real difference!**



Download CDC's
free Milestone
Tracker app



American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Help your baby learn and grow

As your baby's first teacher, you can help his or her learning and brain development. Try these simple tips and activities in a safe way. Talk with your baby's doctor and teachers if you have questions or for more ideas on how to help your baby's development.



- Teach your baby "wanted behaviors." Show her what to do and use positive words or give her hugs and kisses when she does it. For example, if she pulls your pet's tail, teach her how to pet gently and give her a hug when she does it.
- Talk or sing to your baby about what you're doing. For example, "Mommy is washing your hands" or sing, "This is the way we wash our hands."
- Build on what your baby tries to say. If he says "ta," say "Yes, a truck," or if he says "truck," say "Yes, that's a big, blue truck."
- Redirect your baby quickly and consistently by giving her a toy or moving her if she is getting into things you don't want her to get into. Save "no" for behaviors that are dangerous. When you say "no," say it firmly. Do not spank, yell, or give her long explanations.
- Give your baby safe places to explore. Baby-proof your home. For example, move sharp or breakable things out of reach. Lock away medicines, chemicals, and cleaning products. Save the Poison Help Line number, 800-222-1222, in all phones.
- Respond with words when your baby points. Babies point to ask for things. For example, say "You want the cup? Here is the cup. It's your cup." If he tries to say "cup," celebrate his attempt.
- Point to interesting things you see, such as a truck, bus, or animals. This will help your baby pay attention to what others are "showing" him through pointing.
- Limit screen time (TV, tablets, phones, etc.) to video calling with loved ones. Screen time is not recommended for children younger than 2 years of age. Babies learn by talking, playing, and interacting with others.
- Give your baby water, breast milk, or plain milk. You don't need to give your baby juice, but if you do, give 4 ounces or less a day of 100% fruit juice. Do not give your baby other sugary beverages, such as fruit drinks, soda, sports drinks, or flavored milks.
- Help your baby get used to foods with different tastes and textures. Foods can be smooth, mashed, or finely chopped. Your baby might not like every food on the first try. Give your baby a chance to try foods again and again.
- Give your baby time to get to know a new caregiver. Bring a favorite toy, stuffed animal, or blanket to help comfort your baby.
- Give your baby pots and pans or a small musical instrument like a drum or cymbals. Encourage your baby to make noise.

To see more tips and activities download CDC's Milestone Tracker app.

This milestone checklist is not a substitute for a standardized, validated developmental screening tool. These developmental milestones show what most children (75% or more) can do by each age. Subject matter experts selected these milestones based on available data and expert consensus.

www.cdc.gov/ActEarly | 1-800-CDC-INFO (1-800-232-4636)



Download CDC's
free Milestone
Tracker app

Learn the Signs. Act Early.



Activities



HELP YOUR CHILD LEARN AND GROW!

Try these fun and easy activities with your 1-year-old—a great way to have fun together and encourage your child's healthy development.

☐ Make Some Noise

Babies continue to love making noise. Make sound shakers by stringing canning rims together or filling medicine bottles (with child-proof caps) with different-sounding objects like marbles, rice, salt, bolts, and so forth. Be careful to secure the lids tightly.

Developmental Areas: Personal-Social

Materials Needed: Cans, medicine bottles; Marbles, rice, salt, or other objects

☐ Obstacle Course

Make an obstacle course with boxes and/or furniture so that your baby can climb in, on, over, under, and through and encourage your baby along the way. A big box can also be a great place to sit and play.

Developmental Areas: Gross Motor

Materials Needed: Furniture or boxes



NOTES: _____



Activities



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Try these fun and easy activities with your 1-year-old—a great way to have fun together and encourage your child's healthy development.

☐ In and Out

A good pastime is putting objects in and out of containers. Give your baby plastic containers with large beads or blocks. Your baby may enjoy putting socks in and out of the sock drawer or small cartons (Jell-O, tuna or soup cans) on and off of shelves.

Developmental Areas: Problem Solving

Materials Needed: Containers, jars, or cans; Beads or blocks

☐ Planning Aloud

Prepare your baby for a future activity or trip by talking about it beforehand. Your baby will feel like a part of what is going on rather than being just an observer. It may also help to reduce some fear of being “left behind.”

Developmental Areas: Communication, Personal-Social

Materials Needed: None



Want to learn about developmental milestones for your 1-year-old?

Visit <https://bpub.fyi/CDC1year>

HELP YOUR CHILD LEARN AND GROW!

Try these fun and easy activities with your 1-year-old—a great way to have fun together and support your child’s social-emotional development.

☐ Routines

Keep a home routine for eating, sleeping, diapering, and playtime. Talk to your baby about routines and what will be next. This will help them feel secure.

Materials Needed: None

☐ Choices to Make

Let your baby have as many choices as possible about foods, clothing, toys, and events. They will enjoy making choices.

Materials Needed: None

☐ Play Ball

Sit on the floor with your baby and roll a ball back and forth. Clap your hands when your baby pushes the ball or “catches” the ball with their hands.

Materials Needed: Small ball



NOTES: _____

ASQ:SE-2 Activities



HELP YOUR CHILD LEARN AND GROW!

Try these fun and easy activities with your 1-year-old—a great way to have fun together and support your child's social-emotional development.

☐ Little Helper

Your baby can “help” you while you are making dinner. Have a drawer or cupboard that is full of safe kitchen items, such as measuring cups and big spoons, that they can empty.

Materials Needed: Measuring cups, spoons, and other safe kitchen items

☐ Shared Reading Time

Read together with your baby. Before naptime and bedtime are great times to read together. Let your baby choose the book and snuggle up!

Materials Needed: Age-appropriate books

☐ Magic Mirror

Play with child-safe mirrors* with your baby. Make silly expressions and talk to your baby about what they're seeing in the reflection.

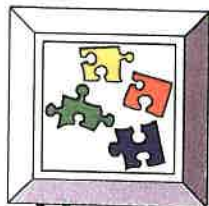
Materials Needed: Child-safe mirror

*Be sure to review safety guidelines with your health care provider



Want to learn about developmental milestones for your 1-year-old?

Visit <https://bpub.fyi/CDC1year>



Timely Tips for Talking

0 - 6 Months

1. Respond quickly to a newborn's cries.
2. Play mouthing games; wait for the baby to imitate you.
3. Talk to the baby about what you are doing, what you see, what is going to happen.
4. Combine sounds/words with touch.
5. Use a soft-pitched voice. Change your voice tone from high to low.
6. Use vowel sounds and coos to play with the baby: "o-o-o," "aah, aah," "i-e, i-e."
7. Sing songs to your baby, for example, soft lullabies; hold your baby; sway as you sing.
8. Talk face to face. Let your baby see your mouth movements as you speak.
9. Imitate sounds you like; ignore sounds you don't like.

6 - 12 Months

1. Call your baby by his or her name.
2. Repeat words that have meaning for the baby: "Mama," "cup."
3. Name things your baby is looking at or doing: "doggy," "drink"
4. Put actions and words together: "bye-bye" - wave your hand.
5. Play imitation and turn-taking games.
6. Start reading simple books together. Look at pictures and identify them with words: "dog," "cat," "pig."
7. Respond to your baby's sounds with one clear word: "blanket," "ball."

12 - 24 Months

1. Use simple words. Use positive emotions and fun when talking to your toddler.
2. Repeat words your toddler uses.
3. Name the things that you give your toddler and the objects your toddler points to.
4. Talk about what you are doing or what just happened. Tell your toddler what you are going to do.
5. Take turns talking. Listen. Let your toddler respond before you speak again. Have conversations with toddlers.
6. Put your toddler's actions into words: "José smells flowers."
7. Do not correct your toddler's mispronunciations. Just say the correct word.
8. Give your toddler clear choices: "Shall we read this book, or this one?"
9. Show your toddler how to talk during imagination games: "Hi, Bear. Sit down. Here's a drink."
10. Enjoy toddlers' funny, fun language.





Activities

AGE 1

HELP YOUR CHILD LEARN AND GROW!

Try these fun and easy activities with your 1-year-old—a great way to have fun together and encourage your child's healthy development.

Let your baby "help"

during daily routines. Encourage your baby to "get" the cup and spoon for mealtime, to "find" shoes and coat for dressing, and to "bring" the pants or diaper for changing.

Following directions is an important skill for your baby to learn.

Babies love games at this age (Pat-a-Cake, This Little Piggy).

Try different ways of playing the games and see if your baby will try it with you. Hide behind furniture or doors for Peekaboo; clap blocks or pan lids for Pat-a-cake.

Make puppets out of a sock or paper bag—one for you and one for your baby. Have your puppet talk to your baby or your baby's puppet. Encourage your baby to "talk" back.

Tape a large piece of drawing paper to a table. Show your baby how to **scribble** with large nontoxic crayons. Take turns making marks on the paper. It's also fun to paint with water.

Babies enjoy **push and pull toys**. Make your own pull toy by threading yogurt cartons, spools, or small boxes on a piece of yarn or soft string (about 2 feet long). Tie a bead or plastic stacking ring on one end for a handle.

This is the time your baby learns that adults can be useful! When your baby "asks" for something by vocalizing or pointing, respond to his signal. **Name the object** your baby wants and encourage him to communicate again—taking turns with each other in a "**conversation**."

Cut up safe finger foods (do not use foods that pose a danger of your baby's choking) in small pieces and allow your baby to feed himself. It is good practice to pick up small things and feel different textures (bananas, soft crackers, berries).





Activities

AGE 1

FUN & EASY SOCIAL-EMOTIONAL ACTIVITIES

Try these activities with your 1-year-old—a great way to have fun together and support your child's social-emotional development.

Play on the floor with your baby every day. Crawl around with her, or just get down and play on her level. She will really enjoy having you to herself.

Dance to music with your baby. Hold his hands while he bends up and down. Clap and praise him when he "dances" by himself.

Let your baby know every day how much you love him and how special he is—when he wakes up in the morning and when he goes to sleep at night.

Play gentle tickle games with your baby, but make sure to stop when she lets you know she has had enough. Watch her carefully and you will know.

When you are dressing or diapering your baby, talk about her body parts and show her your body parts. Say, "Here is Daddy's nose. Here is Destiny's nose."

Go on a walk to a park or a place where children play. Let your baby watch them and visit a little if he is ready.

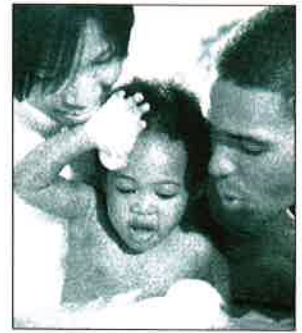
Twirl your baby around. He will enjoy a little rough-and-tumble play, but make sure you stop when he has had enough.


Sit on the floor with your baby and roll a ball back and forth. Clap your hands when your baby pushes the ball or "catches" the ball with his hands.



Everyday Ways to Support Your Baby's and Toddler's Early Learning

Your baby is learning—about you, himself, and the world around him—from the moment he enters the world. The chart below gives you some ideas of the many ways you can support your child's early learning through your everyday activities.



What's Going On With Your Baby or Toddler	What You Can Do
<p>Language and Communication Babies express their needs and feelings through sounds and cries, body movements, and facial expressions. Your baby will begin using words sometime around 1 year. By the time she is 3, she will be speaking in short (3-5 word) sentences.</p>	<ul style="list-style-type: none"> • Watch and listen to see how your baby communicates what she is thinking and feeling. • Repeat the sounds and words your child uses and have back-and-forth conversations. • Read, sing, and tell stories. These are fun ways to help your child understand the meaning of new words and ideas. • Talk about what you do together—as you play, do errands, or visit friends and family.
<p>Thinking Skills Your child is learning how the world works by playing and exploring. Through play, babies and toddlers learn about how things work and how to be good problem-solvers.</p> 	<ul style="list-style-type: none"> • Encourage your child to explore toys in different ways—by touching, banging, stacking, shaking. • Turn everyday routines into playful learning moments. For example bath time is a chance to learn about ideas like <i>sinking/floating</i> and <i>wet/dry</i>. • Follow your child's interests. Children learn best through activities that excite them. • Ask your child questions that get him thinking as he nears age 3. For example, when reading a book together, ask <i>Why do you think the girl is laughing?</i>
<p>Self-Control Over the first 3 years, your child is beginning to develop self-control—the ability to manage his feelings and actions in acceptable ways. He is also learning to wait, share, and work out problems with his friends.</p>	<ul style="list-style-type: none"> • Use words to help your child understand his feelings. <i>You are really mad because we have to leave the park.</i> • Give choices to older toddlers. <i>Would you like to read books before or after we brush teeth?</i> • Stay calm when your child is upset. This helps him feel safe and get back in control.
<p>Self-Confidence Your child is learning that she is a very special person; that she is loved, smart, fun, and capable. When children feel good about themselves, they are more confident and willing to take on new challenges.</p>	<ul style="list-style-type: none"> • Comment on what your child does well. <i>You found the button that makes the bear pop up!</i> • Help your child be a good problem-solver. Give her the support she needs to be successful without completely solving the problem for her. • Give your child the chance to do things for herself like pouring milk from a small plastic pitcher. • Encourage your child to keep trying. <i>You are working so hard to get the ball in the basket. Sometimes it takes lots of tries!</i>

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Visit www.zerotothree.org/schoolreadiness for more information on early learning and healthy development.

This handout was developed by ZERO TO THREE and made possible by the generous support of **MetLife Foundation**

My Year As a Mom

You have been a mom for a year now. It's time to honor all you've done. It's time to notice what you've learned. Think back on the hard work... the long nights... the laughter and fun. Think of all the joys of being a mother.

<p>Think about when you learned you were pregnant. What was it like?</p>	<p>Remember the day baby was born. How did it start? How did it go?</p>	
<p>What were the first few months with baby like?</p>	<p>What do you remember about your first moments with baby?</p>	
	<p>How have you changed since you became a mom?</p>	
	<p>How did you feel the first time baby smiled at you?</p>	<p>What surprised you about being a mom?</p>
<p>What are your best memories from your first year as a mom?</p>		<p>How will you reward yourself for doing such a good job?</p>

Choosing a Car Seat

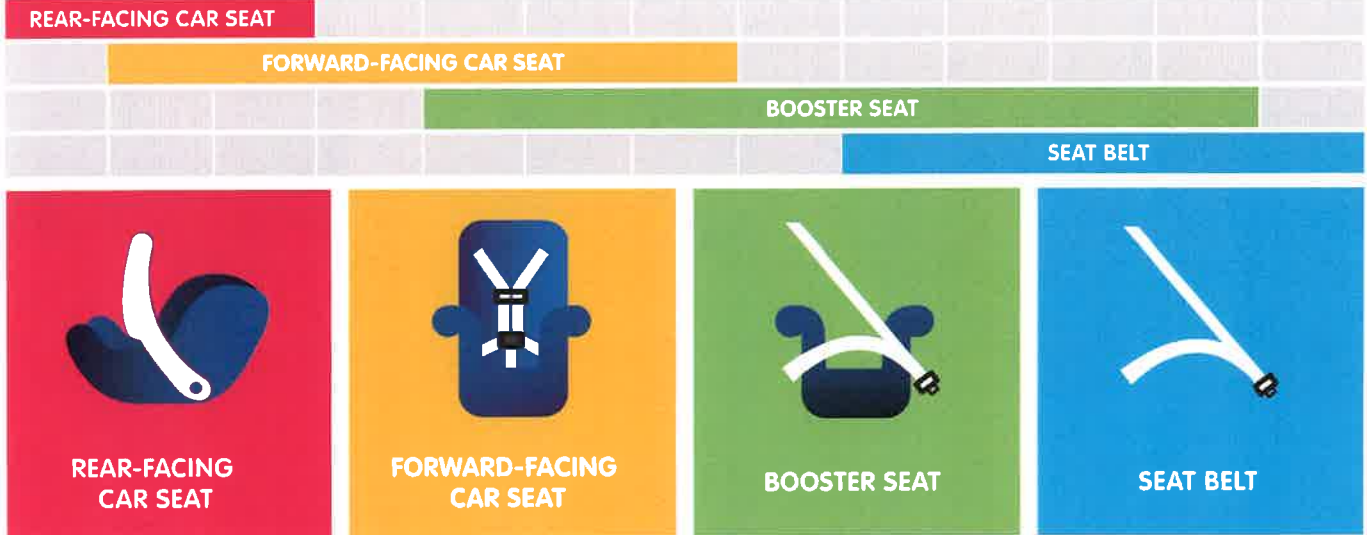
How do you choose the car seat that is right for you and your baby?

Is the car seat safe?	All U.S. car seats must pass federal crash tests. Even the lower cost new car seats have passed the safety tests. A higher priced car seat does not mean it is safer. Install the car seat correctly, and it will be safe.
Does the car seat fit the baby?	<p>All infants and toddlers should ride in a rear-facing seat for as long as possible, until they reach the highest weight or height allowed by the car seat's manufacturer. Most convertible seats have limits that will permit children to ride rear facing for 2 years or more.</p> <p>When your toddler outgrows the rear-facing weight or height limit for their convertible seat, then use a forward-facing seat with a harness for as long as possible – up to the height/weight allowed by the manufacturer.</p>
Is the car seat easy to use?	The seat must be installed correctly to protect your baby. Be sure you can install and use the car seat. Sometimes seats are hard to install. Click here to find a car seat inspection station near you. At these stations, a technician can ensure the car seat is installed correctly.
Does the car seat fit your vehicle?	Not all car seats fit in every vehicle. Most stores will let you check the fit of the seat before you buy it. If not, be sure you can return the seat if it doesn't fit the vehicle.
Has the car seat been recalled?	<p>Complete the registration card when you purchase a new car seat so you can be informed if your car seat is ever recalled.</p> <p>If you have a used car seat, you must check for recalls. You can check for recalls here.</p>

Car Seat Recommendations: Choosing the Right Seat

AGE (YEARS)

Birth 1 2 3 4 5 6 7 8 9 10 11 12 13+



Your child under age 1 should always ride in a rear-facing car seat in the back seat. There are different types of rear-facing car seats: infant-only seats can only be used rear-facing. Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.

A **rear-facing car seat** is the best seat for your young child to use. It has a harness and in a crash, cradles and moves with your child to reduce the stress to the child's fragile neck and spinal cord.

Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness in the back seat.

A **forward-facing car seat** has a harness and tether that limits your child's forward movement during a crash.

Keep your child in a forward-facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.

A **booster seat** positions the seat belt so that it fits properly over the stronger parts of your child's body.

Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember: your child should still ride in the back seat because it's safer there.

A **seat belt** should lie across the upper thighs and be snug across the shoulder and chest to restrain the child safely in a crash. It should not rest on the stomach area or across the neck.

▶▶ Reduce the risk of death and injury by properly securing your child. To maximize safety, keep your child in the car seat for as long as possible.

Car crashes are a **leading killer of children** ages 1 to 13.

In crashes from 2011-2015, **3,194 children** (under 13 in cars, SUVs, vans, and pick-ups) were killed. An estimated **599,000 children** under 13 were injured.



That's more than the population of Albuquerque, NM.

In 2015, **662 children** (under 13 in cars, SUVs, vans, and pick-ups) were killed in crashes.



Car seats reduce the risk of infants (under 1 year old) being killed in cars by



Car seats reduce the risk of toddlers (1 to 4 years old) being killed in cars by



U.S. Department of Transportation
National Highway Traffic Safety Administration

NHTSA.GOV/THERIGHTSEAT



Acadia, Lafayette, St. Landry, St. Mary, and St. Martin Parishes



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• Appointment only

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• By appointment

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Is a Used Car Seat Safe?



1.	Do you know the history of the seat?	<input type="checkbox"/> Yes – Continue	<input type="checkbox"/> No – DESTROY
2.	Does the seat have a label with date of manufacture and model name/number?	<input type="checkbox"/> Yes – Continue	<input type="checkbox"/> No – DESTROY
3.	Is the car seat expired?	<input type="checkbox"/> Yes – Destroy	<input type="checkbox"/> No – Continue
4.	Does the seat have a label showing that it meets all Federal Motor Vehicle Safety Standards?	<input type="checkbox"/> Yes – Continue	<input type="checkbox"/> No – DESTROY
5.	5a. Has the seat been recalled for safety defects?	<input type="checkbox"/> Yes – Continue to 5b	<input type="checkbox"/> No – Continue to 6
	5b. Has the defect been corrected?	<input type="checkbox"/> Yes – Continue to 6	<input type="checkbox"/> No – Do not use until seat is fixed or DESTROY
6.	Has the seat been involved in any vehicle crash (even a minor one)?	<input type="checkbox"/> Yes – DESTROY	<input type="checkbox"/> No – Continue
7.	Are there any cracks, bends or breaks in the plastic shell?	<input type="checkbox"/> Yes – DESTROY	<input type="checkbox"/> No – Continue
8.	Has the metal frame rusted, bent or broken?	<input type="checkbox"/> Yes – DESTROY	<input type="checkbox"/> No – Continue
9.	Do you have a copy of the manufacturer's instructions?	<input type="checkbox"/> Yes – Continue	<input type="checkbox"/> No – Get new ones and continue or DESTROY
10.	Does the seat have all its parts?	<input type="checkbox"/> Yes – Continue	<input type="checkbox"/> No – Get new ones and continue or DESTROY
11.	Are the harness straps worn or frayed?	<input type="checkbox"/> Yes – Get new ones and continue or DESTROY	<input type="checkbox"/> No – Continue
12.	Does the buckle or any other metal part show signs of rust?	<input type="checkbox"/> Yes – Get new ones and continue or DESTROY	<input type="checkbox"/> No – Continue
13.	When buckled, does the mechanism lock securely? Does it remain locked?	<input type="checkbox"/> Yes – Use the Seat!	<input type="checkbox"/> No – Get new ones and continue or DESTROY

Car Seat Recommendations

Use the information below to help you decide what type of car seat to use for your child. It's important to select a car seat based on your child's age and size. Make sure it fits your vehicle and use it every time! It is the safest for your child to be in the appropriate car seat for as long as possible – until they hit the upper limit of the manufacturer's height and weight requirements. Car seat laws vary by state so be sure to check your specific state departments for additional guidance.

Age of Child

