



Date: _____

Weight: _____

Height: _____

Head Circumference: _____

Well Child Care at 12 Months

Nutrition

Table foods that are cut up into very small pieces are best now. Baby food is usually not needed at this age. It is important for your toddler to eat foods from many food groups (fruits, vegetables, grains, and dairy products). Most one year olds have 2-3 snacks each day. Cheese, fruit, and vegetables are all good snacks. Serve milk at all meals. Your child will not grow as fast during the second year of life. Your toddler may eat less. Trust his appetite. If you are still breastfeeding, you may choose to continue breastfeeding or may wean your baby at this time. When a child is 1 year old, you can start using whole milk max of 20-24oz per day. Almost all toddlers need the calories of whole milk (not low-fat or skim) until they are 2 years old. Some children have harder bowel movements at first with whole milk. This is also the time to wean completely off the bottle and switch to an open-rimmed cup (not a sippy cup). Your child is now ready to eat eggs and honey.

Development

Every child is different. Some have learned to walk before their first birthday. Most 1-year-olds use and know the meaning of words like "mama" and "dada." Pointing to things and saying the word helps them learn more words. Speak in a conversational voice with your child and give them lots of encouragement to use their voice. Smile and praise your child when he learns new things. Allow your child to touch things while you name them. Children enjoy knowing that you are pleased that they are learning. As children learn to walk they will want to explore new places. Watch your child closely. Shoes: Shoes protect your child's feet, but are not necessary when your child is learning to walk inside. When your child finally needs shoes, choose shoes with a flexible sole. Sleep: Your child will be sleeping on average 12 to 14 hours a day. Bedtime should be at the same time and needs to be a nightly routine. For both naps and bedtime, the baby should be put in the crib awake so they are able to transition from awake to sleep on their own.

Reading and Electronic Media

Read to your child every day. Children who have books read to them learn more quickly. Choose books with interesting pictures and colors. Television and other digital media, such as computer, tablets and smart phones, should be discourage and is not recommended for children younger than 18 months old. Parents should not put a T.V. in their child's bedroom.

Dental Care

- After meals and before bedtime, clean your baby's teeth with a clean cloth or brush. It is okay to use toothpaste with fluoride as long as it is a very small amount (size of a grain of rice). Don't worry too much about getting every last bit off the teeth.

- You may want to make an appointment for your child to see the dentist for the first time.

Safety Tips

Choking and Suffocation

- Avoid foods on which a child might choke easily (candy, hot dogs, popcorn, peanuts).
- Cut food into small pieces, about half the width of a pencil.
- Store toys in a chest without a dropping lid.

Fires and Burns

- Check your smoke detector. Replace the batteries if necessary.
- Put plastic covers in unused electrical outlets.
- Keep hot appliances and cords out of reach.
- Keep all electrical appliances out of the bathroom.
- Don't cook with your child at your feet.
- Use the back burners on the stove with the pan handles out of reach.
- Turn your water heater down to 120°F (50°C).

Falls

- Make sure windows are closed or have screens that cannot be pushed out.
- Don't underestimate your child's ability to climb.

Car Safety

- Never leave your child alone in the car.
- The AAP advises parents to keep their toddlers in rear facing car seats until age 2, or until they reach the maximum height and weight for their seat. Please check with manufacture guidelines for further information.
- Use an approved toddler car seat correctly and wear your seat belt.

Water Safety

- Never leave an infant or toddler in a bathtub alone — NEVER.
- Stay within arm's reach of your child around any water, including toilets and buckets. Keep lids to toilets down, never leave water in an unattended bucket, and store buckets upside down.
- Swimming programs: Some children may be developmentally ready to start learning swim skills; however, parents should be cautioned that even advances swimming skills may not prevent drowning.

Poisoning

- Keep all medicines, vitamins, cleaning fluids, and other chemicals locked away. Dispose of them safely.
- Install safety latches on cabinets.
- Keep the poison center number on all phones. **1-800-222-2222**

Sun Protection

- Always apply Sunscreen with an SPF greater than 15 when your child is outside. Reapply every 2 hours.
- Have your child wear a hat.
- Avoid prolonged time in the sun between 11:00am and 3:00pm.
- Wear Sun protection clothing for summer.

Pets

- You must keep a close eye on both child and pet when they are interacting with each other.
- Try to keep your toddler away from animal feeding areas to reduce the risk of both bites and the ingestion of animal food.
- Because children this age are not old enough to understand the difference between playing with and hurting a pet, interactions between them should be supervised at all times.
- Watch for signs of either your child or pet is becoming anxious or overwhelmed.
- Dog and cat bites are particularly common at this age.

Smoking

- Children who live in a house where someone smokes have more respiratory infections. Their symptoms are also more severe and last longer than those of children who live in a smoke-free home.
- If you smoke, set a quit date and stop. Ask your healthcare provider for help in quitting. If you cannot quit, do NOT smoke in the house or near children.

Immunizations

At the 12-month visit, your child may receive shots. Children over 6 months of age should receive an annual flu shot. Children during the first year of getting a flu shot should get a second dose of influenza vaccine one month after the first dose. Your child may run a fever and be irritable for about 1 day after the vaccines and may also have soreness, redness, and swelling in the area where the shots were given. You may give your child acetaminophen or ibuprofen in the appropriate dose to help to prevent fever and irritability. For swelling or soreness, put a wet, warm washcloth on the area of the shots as often and as long as needed for comfort. Call your child's healthcare provider if:

- Your child has a rash or any reaction to the shots other than fever and mild irritability.
- Your child has a fever that lasts more than 36 hours.

A small number of children get a rash and fever 7 to 14 days after the measles-mumps-rubella (MMR) or the varicella vaccines. The rash is usually on the main body area and lasts 2 to 3 days. Call your healthcare provider within 24 hours if the rash lasts more than 3 days or gets itchy. Call your child's provider immediately if the rash changes to purple spots.

Next Visit

Your child's next visit should be at the age of 15 months. Your child is expected to get vaccines at that visit.

Normal Development: 12 Months Old

Here's what you might see your baby doing between 12 months and 15 months old.

Daily Activities

- Usually has a definite daily pattern.
- Opens cabinets, pulls tablecloths.
- Usually examines an object before putting into mouth.
- Likes to feed self.

Language Development

- Expresses complete thought with single syllable ("da" means "I want that").
- Understands a few simple words.
- Says a few words ("mama", "dada", "and ball", "dog").
- Loves rhythms and rhymes.

Emotional and Behavioral Development

- Seems more negative, for example, may resist naps, refuse certain foods, or throw occasional tantrums.
- Continues to prefer people to toys.
- Has developed a deep attachment to a few familiar people.
- Loves to make parents laugh.
- Is less anxious about strangers.
- May give up something on request.

Motor Skills

- Usually walks with assistance; may walk without assistance.
- Crawls rapidly.
- Stands alone.
- Seats self on floor.

Each child is unique. It is difficult to describe exactly what should be expected at each stage of a child's development. While certain behaviors and physical milestones tend to occur at certain ages, a wide range of growth and behavior for each age is normal. These guidelines show general progress through the developmental stages rather than fixed requirements for normal development at specific ages. It is perfectly natural for a child to reach some milestones earlier and other milestones later than the general trend. If you have any concerns about your child's own pattern of development, check with your healthcare provider.

Appetite Slump in Toddlers

What is an appetite slump?

Between 1 and 5 years old, it is normal for a toddler's appetite to slow down. It will probably seem like your child doesn't eat enough, is never hungry, or won't eat unless you spoon-feed her yourself. As long as your child's energy level is normal and she is growing normally, your child's appetite is most likely naturally slowing down.

What is the cause?

Babies may gain 15 pounds during their first year. Between 1 and 5 years of age many children normally gain only 4 or 5 pounds each year. Children in this age range can normally go 3 or 4 months without any weight gain. Because they are not growing as fast, they need fewer calories and seem to have a poorer appetite (this is called physiological anorexia). How much a child chooses to eat is controlled by the appetite center in the brain. Kids eat as much as they need for growth and energy. Many parents try to force their child to eat more than she needs to because they fear that her poor appetite might cause poor health or a nutritional deficiency. This is not true, and forced feedings actually decrease a child's appetite.

How long will the appetite slump last?

Once you allow your child to be in charge of how much she eats, the unpleasantness at mealtime and your concerns about her health should disappear in a matter of 2 to 4 weeks. Your child's appetite will improve when she becomes older and needs to eat more.

What can I do to help my child?

- Put your child in charge of how much he eats at mealtime. Trust your child's appetite center. Children eat as much as they need. Your child's brain will make sure he eats enough calories for normal energy and growth. Serve well-balanced meals. If your child is hungry, he will eat. If he's not, he will be by the next meal. Even reminding him to eat or to eat more will work against you.
- Allow one small snack between meals. The most common reason for some children never appearing hungry is that they have so many snacks that they never become truly hungry. Be sure your child arrives at mealtime with an empty stomach. Offer your child no more than two small snacks of nutritious food each day, and provide them only if your child requests them. Keep the size of the snack to 1/3 of what you would expect him to eat at mealtime. If your child is thirsty between meals, offer water. Limit the amount of juice your child drinks to less than 6 ounces each day. Let your child miss snacks if she chooses and then watch the appetite return. Even skipping an occasional meal is harmless.
- Never feed your child if he is capable of feeding himself. Parents of a child with a poor appetite will tend to pick up the spoon, fill it with food, smile, and try to trick the child into taking it. Once your child is old enough to use a spoon by himself (usually 12 to 15 months), never again pick it up for him. If your child is hungry, he will feed himself. Forced feeding is the main cause of eating power struggles.
- Offer more finger foods. Finger foods can be started at 6 to 8 months of age. Such foods allow your child to feed herself at least some of the time, even if she is not yet able to use a spoon.
- Limit milk to less than 16 ounces each day. Milk contains as many calories as most solid foods. Drinking too much milk or juice can fill kids up and dull their appetites.
- Serve small portions of food—less than you think your child will eat. A child's appetite is decreased if she is served more food than she could possibly eat. If you serve your child a small

amount on a large plate, she is more likely to finish it and gain a sense of accomplishment. If your child seems to want more, wait for her to ask for it. Avoid serving your child any foods that she strongly dislikes (such as some vegetables).

- Consider giving your child daily vitamins. Although vitamins are probably unnecessary, they are not harmful in normal dosages and may help you relax about your child's eating patterns.
- Make mealtime's pleasant. Draw your children into mealtime conversation. Avoid making mealtimes a time for criticism or struggle over control.
- Avoid conversation about eating. Don't discuss how little your child eats in her presence. Trust your child's appetite center to look after her food needs. Also, don't praise your child for eating a lot. Children should eat to please themselves.
- Don't extend mealtime. Don't make your child sit at the dinner table after the rest of the family is through eating. This will only cause your child to develop unpleasant feelings about mealtime.
- Common mistakes. Parents who are worried that their child isn't eating enough may start some irrational patterns of feeding. Some awaken the child at night to feed her. Some offer the child snacks at 1 hour intervals throughout the day. Others permit snacks that are larger than a regular meal. Some try to make the child feel guilty by talking about other children in the world who are starving. Others threaten, "If you don't eat what I cook, it means you don't love me." Some parents force their child to sit in the high chair for long periods of time after the meal has ended. The most common mistake is picking up a child's spoon or fork and trying various ways to get food into her mouth.

How do I prevent feeding struggles?

The main way to prevent feeding struggles is to teach your child how to feed herself at as early an age as possible. By the time your child is 6 to 8 months old, start giving her finger foods. By 12 months of age, your child will begin to use a spoon and she should be able to feed herself completely by 15 months of age. When you feed your child (before she is old enough to feed herself), you can wait for your infant to show you when she is ready to eat (by leaning forward, for example). Let her pace the feeding herself (for example, by turning her head). Do not put food into a child's mouth just because she has inadvertently opened it. Do not insist that your child empty the bottle, finish a jar of baby food, or clean the plate.

When should I call my child's healthcare provider?

Call during office hours if:

- Your child is losing weight.
- Your child has not gained any weight in 6 months.
- Your child also has symptoms of illness (for example, diarrhea or fever).
- Your child gags on or vomits some foods.
- Someone is punishing your child for not eating.
- Following these guidelines has not improved mealtimes in your house within 1 month.
- You have other questions or concerns.

Follow us on Facebook @ Healing Touch Pediatrics
and you can visit our website @ www.healingtouchpediatrics.com

For any questions or concerns please call our office at 817-417-9001.

Reference: RelayHealth and Bright Futures 2017