

Kids First Pediatrics on 30

12 Months

What should my child eat? (see also feeding chart)

- Your child is ready to be weaned from breastfeeding and bottle-feeding, and could be fed entirely table foods
- Formula can also be discontinued
- Whole milk, 8-12oz per day maximum (lots of water)
- No more bottle! Everything in a sippy cup (No juice, let's save those teeth!)

What can I expect from my child?

- Pulls to stand, cruises, make take a few steps alone
- Plays social games "Peek-a-boo", "pat-a-cake", "so-big"
- Bang blocks together
- Vocabulary 1-3 words in addition to mama/dada
- Waves "bye-bye"
- Feeds self

When will my child sleep?

- Your child should have at least one nap per day
- You should continue a bedtime routine with your child
- Mattress should still be firm
- 10-12 hours sleep is normal

What can I do to keep my child safe and healthy?

- Switch to a forward facing toddler car-seat with 5 point harness
- Keep small objects in a place where your child cannot get them
- Keep your child's environment smoke-free
- Keep the house child-proof. Lock cabinets and drawers (Tot locks works well, don't lose your magnet!), put plastic plugs in outlets (or replace with Safe-plates); keep chemicals, cleaning agents, and medicines in a place where your child cannot get them.
- Do not give your child plastic bags or latex balloons
- Keep child's outside play area within gates and fences and keep close supervision
- Accompany your child when in or around water; A fence should always surround the pool
- Install gates near stairways
- Do not overexpose the child to sun! Sunscreen should be worn when outside
- Know the number to poison control (1-800-222-1222)
- Brush teeth with toddler brush/small amount of toddler toothpaste

What else can I do for my child?

- Praise your child for good behavior
- Encourage language development by reading books, singing songs, and talking about what you and he/she are doing together
- Use distraction, gentle restraint, removal of object, and "time-out" for discipline (1 minute per year of age)
- Take individual time out for your child; Pick your child up, talk and play with him or her

By 15 months, what should my child be able to do?

- Feed self with fingers, scribble with crayons (if you dare), and stack blocks
- Understand functions of objects (hold phone to ear, hold comb near hair)
- Say single words, communicate with gestures, understand simple commands, point to pictures in books, listen to stories
- Give and take toys, show pleasure or displeasure, is interested in new experiences and tests parental limits

When will my child's next checkup be?

- Your baby's next visit will be at 15 months. He or she will receive the Hep A vaccine. **Remember to bring list of any questions or concerns that you may have.**