



12 month old check-up

Patient and Family Education

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's health care team about specific care for your child.

TIPS FOR TAKING CARE OF YOUR BABY

PARENTING

- Your child wants and needs your love and your praise. Hug him and tell him that you love him often. Tell him when he does something that pleases you. Thank him when he does something nice.
- Discipline means teaching, not punishing. Your baby is learning what "no" means at this age. When he is doing something that he should not do, try one of these:
 - Pick him up and remove him from what he is doing.
 - Distract him with something else. This works well at this age.
 - Take the item away from him that you don't want him to have.
 - Be calm, but be firm and say "no".

YOUR BABY'S DEVELOPMENT

- Your baby can:
 - Stand and walk holding onto something.
 - Soon start walking by himself.
 - Follow simple directions, such as, "Bring the book to me".
 - Say simple words like "mama" and "dada".
- Your baby likes:
 - Exploring places and things. Give him a safe area to play.
 - Taking a walk outside in the stroller on nice days.
- Your baby may be teething. He may drool and chew a lot.
- He may be shy or afraid of strangers. He may not want you to leave him, even with family and friends.
- Read to your baby every day. Point to things and tell him their names. This helps him to learn new words. Avoid "baby talk".
- Your baby is too young for potty training. He will not be ready until he is about 2 years old.

SAFETY

- Crib and changing table
 - Make sure the crib slats are no more than $2\frac{3}{8}$ inches apart.
 - Pull the crib rails up every time you put your baby in the crib.
 - Keep the mattress in the lowest position.
 - Never leave your baby alone on a high place such as a bed, couch, chair or changing table. Keep one hand on your baby at all times while changing him.
 - Remove drapes and blind cords from your baby's reach. This helps prevent choking and suffocation.
 - Move the crib away from windows and screens.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away.

12 month old check-up, continued

- Home
 - If you live in an older home, have it tested for lead.
 - Install smoke and carbon monoxide detectors.
 - Now that your baby is getting around, it's time to "baby-proof" your home. To help keep your baby safe:
 - Block stairs with stair gates
 - Lock windows and screens
 - Put plug covers on electric outlets. Keep hot objects like irons, coffee pots and space heaters away from your baby.
 - Keep all electric cords up and out of the way where your baby cannot reach them. This includes items like your cell phone charger.
 - Put childproof locks on drawers and cabinets that contain harmful items, such as cleaning supplies, medicines and matches
 - Put a lock on the toilet seat
 - Furniture, shelves, TVs and ranges can tip over and hurt your child. Secure them to the floor or the wall, or use anti-tip brackets as needed.
 - Keep small toys and objects that he could choke on out of reach.
 - Keep plastic bags, ropes and strings, hot items and sharp objects out of reach.
 - Use back burners of the stove for cooking and place pot handles towards the rear. Put knob covers on the stove.
 - Don't let your baby play near the stove or next to you when you are cooking.
 - Keep him away from the fireplace and other hot items.
 - Pad sharp corners of furniture or the fireplace.
 - Lock up guns and ammunition.
 - Store knives, scissors, razors and other sharps in a safe place.
- Car
 - Make sure your baby rides in a car safety seat every time you go driving, no matter how short the trip.
 - Never hold your baby in your lap while riding in the car.
 - Place the car seat in the back seat, facing towards the rear window. Your baby should ride like this as long as possible. Do not turn him forward-facing until he is at least 2 years old. Make sure the car seat is installed correctly. The seat should be at a 45-degree angle.
 - Do not add anything such as padding or harness strap covers to your baby or the seat unless it is approved by the car seat maker.
 - Wear your seatbelt too.
- Smoking
 - Keep your baby away from cigarette smoke. Breathing in second-hand smoke can cause asthma, ear infections, and other breathing problems.
- CPR
 - Take a child CPR course. Call the Red Cross, American Heart Association or a local hospital for more information.
- Outdoors
 - Use a sunscreen that is safe for babies and toddlers.
 - Put shoes on your baby when out of doors, even in the grass.
 - If you have a swimming pool or spa, keep the gate locked at all times.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away.

12 month old check-up, continued

A FEW NEVER, EVER's –

To help keep your baby safe - **NEVER:**

- Leave your baby alone except in a crib or playpen.
- Leave your baby alone in a car.
- Hold your baby in your lap while riding in the car.
- Leave your baby alone in a sink or bathtub – not even to answer the door or phone or get a towel.
- Put a necklace on your baby or use ribbons or strings to tie a pacifier around your baby's neck. This can cause choking.
- Warm breastmilk or formula in a microwave. This can cause “hot spots” in the liquid and burn your baby.
- Prop a bottle to feed your baby.
- Shake your baby. This can cause brain damage, blindness and death.
- Give your baby honey. Honey sometimes contains germs that can harm babies less than 1 year old.
- Use a baby walker on wheels. They can tip over and harm your baby. Instead, use a baby seat that has legs that sit flat on the ground.

BATHING YOUR BABY

- Always test your baby's bath water to make sure it's warm, but not too hot. Set your water heater at 120°F or lower. Ask your landlord to do this if you live in an apartment.
- If your baby has teeth, brush them with a small, soft toothbrush.
 - Use a tiny smear of fluoride toothpaste on the brush.
 - Rinse them with a clean, wet cloth or with plain water on the toothbrush.

FEEDING YOUR BABY

- Begin feeding your baby table food. He does not need baby food any more. Be sure to mash or cut foods up into tiny pieces to help prevent choking.
 - Your baby can begin feeding himself some foods now. Give him a baby spoon to hold and use.
- Your baby needs food from all 4 food groups:
 - Meat, eggs, beans and cheese for protein
 - Fruits and vegetables for fiber, vitamins and minerals
 - Whole grains such as cereal, pasta and whole grain bread for fiber, vitamins and minerals
 - Dairy foods such as milk, cheese and yogurt for calcium
- Give your baby only 1 new food at a time and wait a few days before giving him another new food. This allows you to tell if he is allergic to a food or if it bothers him in any way.
 - Some common foods that babies may be allergic to include things like peanut butter, eggs and seafood.
- Serve healthy snacks such as yogurt, cheese and soft fruits. Avoid foods and drinks with lots of sugar such as desserts, sweetened cereals, sweet tea and sodas.
- Do not give him foods that he can choke on like:
 - Chunks of meat and cheese such as hot dogs and string cheese
 - Raw fruits and vegetables such as grapes, apple pieces and carrots
 - Popcorn, nuts, peanut butter, gum and hard, gooey candy
- Your baby's doctor may also advise that you give him a multivitamin each day.
- Your baby may begin eating less now. He knows how much he needs to keep him from being hungry.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away.

12 month old check-up, continued

- When giving your baby juice, only give him 4-6 ounces a day. Dilute it so it is ½ juice and ½ water. Let him sip it from a cup. Give him sips of water from a cup too.
- To help prevent problems with your baby's new teeth, even before they come in:
 - Wipe your baby's teeth and gums with a clean, wet cloth after each feeding.

Breast and bottle feeding

- Stop using the bottle to feed your baby now.
- You may stop breast feeding now if you like.
- Instead, give your baby a "sippy-cup" to use for drinks. Use whole milk in the cup instead of formula. Do not use skim milk or low-fat milk. Your baby needs whole milk until he is 2 years old.

SLEEP

- Have a regular bedtime and routine for your baby. This is one more way that you can help him feel more secure.
- Sing to your baby or read him a book before he goes to sleep.
- Give him a favorite stuffed animal or blanket to take to bed with him.
- Put your baby in the bed while he is still awake, so he can get used to falling asleep by himself.
- Your baby may take 1-2 naps a day.

HEALTHY HABITS

You can help keep your baby and your family healthy when you:

- Wash your hands often during the day. Have other family members wash their hands often too. Use warm water and soap and scrub for 15 seconds.
- Make sure your baby gets needed vaccines to help prevent disease.
- Keep your baby away from cigarette smoke. Breathing in second-hand smoke can cause asthma, ear infections, and other breathing problems.
- Don't give your baby **ANY** medicines unless you talk to the doctor first.

IF YOUR BABY EVER SEEMS ILL

- If your baby feels too warm or seems ill, check his temperature with a thermometer.
- Call the doctor if your baby has a fever over 103°, seems ill or you have any concerns.
- For babies less than 2 years old – take the temperature in the rectum (opening in the bottom where the bowel movement or stool comes out). Other methods are not as accurate in babies.
- Do not give your baby any medicines before talking with the doctor. This includes acetaminophen (Tylenol or other less costly store brand) and ibuprofen (Motrin, Advil or other less costly store brand).

FOR YOUR BABY'S NEXT VISIT - 15 months old

You and your baby's doctor can talk about how things are going with your new baby.

Your baby will have a physical examination (check-up) that may include getting vaccines. You will have a chance to ask questions.

You may want to talk about your baby's:

- Feeding and sleeping
- Safety
- Development

In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away.

12 month old check-up, continued

THINGS FOR YOU TO DO

- Continue to baby-proof your house. Make sure your baby is safe by removing unsafe items that are within his reach.
- Make an appointment to have your baby's teeth checked with your dentist now that your baby is 1 year old. The dentist can help keep his teeth and gums healthy.
- Keep a record of when your baby is ill or hurt. Share this record with your baby's doctors.
- Make a list of questions to talk with your doctor about at the next visit.
- Bring your baby's shot (vaccine) record to your next visit.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away.