

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 healthcare team about specific care of 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 do not want him to have.
 - Be calm, but be firm and say “no”.

YOUR BABY'S DEVELOPMENT

- Your baby may be able to:
 - Stand and walk holding onto something.
 - Start walking by himself.
 - Follow simple directions, such as, “Bring the book to me.”
 - Say simple words like “mama” and “dada”.
- Your baby may like:
 - 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.
 - Make sure the crib rails do not move up and down. If you have an older crib, check with its maker to see if they have special parts to keep the side from moving.
 - 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.

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- Move the crib away from windows and screens.
- 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 is 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.
 - Do not 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 bullets.
 - Store knives, scissors, razors and other sharp items 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 blankets or harness strap covers, to your baby or the seat unless it is approved by the car seat maker.
 - Buckle the car seat to the car, and buckle your baby into the car seat.
 - 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 outdoors, even in the grass.

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- If you have a swimming pool or spa, keep the gate locked at all times.

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. Use a baby seat that has legs that sit flat on the ground instead.

BATHING

- Always test your baby's bath water to make sure it is 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

- 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 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. At least half of the grains he eats should be whole grains.
 - Dairy foods, such as milk, cheese and yogurt for calcium. His dairy should be whole milk, full fat.
- 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

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- 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.
- 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.
- You may stop breast feeding now if you like.
- Give your baby a "sippy-cup" to use for drinks instead. 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.
- 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 to 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 20 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.
- Do not give your baby **ANY** medicines unless you talk to the doctor first.
- Begin taking your baby to the dentist for regular check-ups.

Your baby learns through play. Avoid screen time until he is 2 years old. Some examples of screen time are:

- TV
- Computers
- Videogames
- Tablet devices
- Smart phones

Avoid giving fruit juice to your baby. It often has extra sugar he does not need. Try giving him mashed pieces of whole fruit instead. If you do give him juice, only give your baby 4 to 6 ounces a day. Dilute it so it is 1/2 water and 1/2 juice. Let him sip from a cup. Give him sips of water from a cup, too.

Whether inside or outside, give your baby the chance to be active every day. Active play is good for all children.

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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 102.2°F or 39°C**, 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.
- Talk with your child’s doctor about when to give fever medicines.

FOR YOUR BABY’S NEXT VISIT - 15 months old

- You and your baby’s doctor can talk about how things are going with your 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

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.

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