

YOUR 12 MONTH OLD

POINTS TO REMEMBER

SAFETY

- **DO NOT CHANGE** your child to a forward-facing **CAR SEAT** (unless your baby weighs at least 20 pounds and is at least 1 year old). **BE SURE** your child's car safety seat is properly installed in the back seat according to the manufacturer's instructions and the vehicle owner's manual.
- **WHEN COOKING, ALWAYS** turn pan handles toward the back of the stove. **KEEP** your child away from hot stoves, space heaters, curling irons, wood stoves, fireplaces, and candles. **ALWAYS** keep matches and cigarette lighters out of a child's reach.
- **NEVER** leave heavy objects or hot liquids close to the edge of a table or on tablecloths where there is a danger your child could get the edge of the tablecloth and pull it down.
- **CHECK** toys for small or damaged parts, and do not allow your child to play with toys with rough, broken, or sharp edges. **DO NOT** allow your child to play with latex balloons, plastic bags or marbles.
- **DO NOT** use a walker.
- **IF** you or your child is experiencing emotional, physical, or sexual abuse, **TELL** your health care provider or call the **ABUSE HOTLINE 1-800-752-6200** for help.

NUTRITION

- **FEED** your child at family mealtimes and give him/her two to three nutritious snacks a day. **OFFER** your child nutritious foods (small pieces of fresh fruit, cheese, whole grain bread/crackers). **ALLOW** your child to feed him/herself, and let him/her decide how much he/she wants to eat. **DON'T** give foods that may cause choking or be inhaled (peanuts, hotdogs or sausages, carrot sticks, whole grapes, raisins, corn, whole beans, hard candy, large pieces of raw vegetables or fruit, or tough meat).
- **CHANGE** from formula to whole milk, **ENCOURAGE** your child to drink from a cup, and begin weaning him/her from taking a bottle.
- **DON'T** give your child foods high in sugar, such as soda and candy, **REMIND** parents for the need to **LIMIT** juice to 2-4 ounces per day.
- **EXPECT** your child to gain weight at a slower rate than he/she gained the first year.
- **ASK** your health care provider about the **WIC** program.

HEALTHY TEETH

- **BE SURE** to get your child to the dentist by 12 months of age or after he gets his first tooth. A dentist will help you keep your child's teeth healthy and will be available in case there is ever an emergency with his teeth, such as a broken tooth or severe pain.
- **BRUSH** his teeth with plain water twice each day, using a soft toothbrush. You may use fluorinated toothpaste if your child is able to successfully spit it out!
- **IF** your child is still using a bottle, offer **ONLY** water in the bottle.

CARE and INTERACTIONS

- **PRAISE** your child for good behavior.
- **SHOW LOVE** and **AFFECTION** in your family; spend individual time with each child.
- **ENCOURAGE** language development by reading books, singing songs, and talking about what you and your child are seeing and doing together.
- **ESTABLISH** a consistent daily routine. Meal time, brushing your teeth after breakfast and at bedtime, nap-time.
- **ENCOURAGE** physical activity. Use "Family time" **PLAYING** with your child **NOT** watching television.
- **USE DISCIPLINE** as a method of teaching and protecting, not as punishment. To discipline a child, use distraction, gentle reminders or the removal of an object. If necessary, remove the child for a time-out from the situation and what is bothering him/her. **DISCOURAGE** your child from hitting, biting, and other aggressive behaviors.
- **DO NOT** begin toilet training. **DISCUSS** details of toilet training with the health professional at the next visit.

GROWTH and DEVELOPMENT

By 12 MONTHS, a baby usually:

- Pulls to stand, and may take a few steps alone.
- Points with index finger.
- Drinks from a cup, feeds self.
- Can say three words in addition to "mama" and "dada".
- Plays "pat-a-cake", "peek-a-boo", and "so big".

Reference: Hagan JF, Shaw JS, Duncan PM, eds. 2008. Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents. Third Edition, Elk Grove Village, IL: American Academy of Pediatrics