

12 Months

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Development and Behavior

While certain behaviors and physical milestones tend to occur at certain ages, a wide spectrum of growth and behavior for each age is normal.

All children are different. Some have learned to walk before their first birthday. As children learn to walk they will want to explore new places. Watch your child closely. Your child will usually examine an object before putting it into the mouth. Your baby likes to feed herself.

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. Allow your child to touch things while you name them. Be sure to smile and praise your child when he learns new things. Children enjoy knowing that you are pleased that they are learning. Your 12 month old loves rhythms and rhymes. Your baby will continue to enjoy playing with toys. Most babies at this age are interested in putting objects together or dropping things into a cup or other container and then removing them. Reading to your child should be a part of every day. Children that have books read to them learn more quickly. Choose books with interesting pictures and colors.

Your toddler will show more negativism (may resist naps, refuse certain foods, throw occasional tantrums). He has developed a deep attachment to a few familiar people and loves to make parents laugh. You may notice he show somewhat less stranger anxiety.

Feeding

Now that your child is 1 year old, start using whole milk instead of formula. Toddlers need whole milk (instead of low-fat or skim) until they are 2 years old. You may still continue to breast feed. Some children have a harder bowel movements at first with whole milk. Now is also the time to wean completely off the bottle and switch to the cup. Remember never to allow your child to go to bed with milk, as it may lead to cavities.

Table foods are best now. Baby food is usually not needed anymore. Most babies have 2 to 3 snacks each day. Cheese, fruit, and vegetables are all good snacks. Serve milk at all meals. Respect your child's likes and dislikes. Offer the rejected food again at a later time. She may like it another day.

Your child will not grow as fast during the second year of life. Your toddler may eat less. As long as you offer your child healthy meals 3 times a day he will eat plenty to keep him growing. Trust his appetite.

Discipline

Discipline is not punishment; rather it is the process of teaching good behavior. Your toddler may start to throw tantrums. Now that your baby can move around himself, he sees things that he wants to have and do. He feels lots of new emotions too but has a difficult time communicating what he wants or feels. Sometimes his feelings will get the best of him. Here are some tips for dealing with them:

- Help your baby not to have tantrums. Stick to your routines. Try not to run errands during nap-time or mealtime. Go out when your baby is well rested and fed. Carry snacks and a drink. Sometimes you can stop a tantrum before it is in full swing. When your baby gets fussy, take a short break. Change to a new activity, offer a snack, or ask him to help you with what you are doing.
- Stay calm, set a good example. When your baby has a tantrum, you will have strong feelings of our own. Use tantrums as a good time to teach your child to control his emotions. Reinforce good behavior with praise and attention.
- Do not give in to a tantrum. During a tantrum you will be tempted to give your baby whatever she wants just so she will be quiet. Doing so will teach her that you do not mean what you say and that tantrums do work. *Remember, the key to discipline is consistency!*
- Handling tantrums. When your baby has a tantrum, make sure he is in a safe and quiet location. Talk to him in a soft voice as if nothing is happening. Let him know that you will help him when he stops screaming. Then go on with what you were doing. You will teach him that a tantrum is not the way to get what he wants. Usually, when he sees that no one is watching he will stop. When he stops, give him a hug and go on with your day.

Remember, "No!" Still does not work with your baby. At this stage, when you say "No!" your baby understands that you want him to stop what he is doing but he still is not able to think of

what else to do. He might stop, smile at you, and then do it again. Move him away from trouble. Show him what you want him to do instead. Thank him when he cooperates with you.

Safety Tips

- You may need to lower your baby's crib mattress. The top rail should be at her shoulder or chin.
- Always use a car seat
- Limit exposure to direct sun. Use sunscreen.
- Avoid foods on which a child might choke. Make sure your child is sitting upright while eating.
- Store toys in a chest without a dropping lid.
- Keep matches and lighters away from your child.
- Quit smoking. Don't expose your child to smoke.
- 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 when your child is at your feet. Use the back burners on the stove with the pan handles out of reach.
- Never leave an infant or toddler in a bathtub alone.
- Continuously supervise your baby around any water.
- Make sure windows are closed or have screens that cannot be pushed out.
- Don't underestimate your child's ability to climb.
- Keep all medicines, vitamins, cleaning fluids, and gardening chemical locked away or disposed of safely.
- Keep the number for poison control handy: 1-800-860-0620
- Ask your doctor about syrup of Ipecac. Use it only if you are told to do so.
- Install safety latches on cabinets.
- Keep breakable items up and away from your child.
- Keep firearms unloaded and locked up. Store ammunitions locked up separately from the gun.
- Remove or pad furniture with sharp corners.
- Keep sharp objects out of reach.

Self Care and Family Relationships

Remember that in order to be a good parent you need to take care of yourself and all of your relationships, especially to your partner.

- Schedule time for you think of it as a reward for being a good parent.
- Schedule time for you and your partner without your children.
- Encourage siblings to help care for the play with your toddler.
- Give each child special time with you individually.
- Limit the number of child care givers.

Immunizations and Next Doctor's Visit

At today's visit, your baby could have a:

- **Hib 4th dose** Haemophilus influenza type B
- **PCV 4th dose** Pneumococcal pneumonia
- **MMR 1st dose** Measles-mumps-rubella
- **Chickenpox 1st dose** Varicella
- **Hepatitis A 1st dose**
- **Influenza A-** yearly a booster shot is required the first year

A varicella (chickenpox) shot is also recommended. The chickenpox vaccine is available and recommended for all children 12 months of age and older. For children 1 to 12 years, only a single injection is given. Adolescents and adults age 13 and older are given a booster 2 months after the first immunization. After a single immunization, 90% of children will be completely protected against chickenpox. For the remaining 10% the vast majority can expect a much milder form of the disease if later exposed to chickenpox.

Your child may be screened for lead exposure. Talk to your doctor about lead screening.

Your child may run a fever and be irritable for about 1 day and may also have soreness, redness, and swelling in the area where the shots were given. You may give your child acetaminophen drops (Tylenol) 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. The appropriate dose for your baby is:

- Acetaminophen: 160 mg (5 ml of children's strength elixir) every 4 to 6 hours.

If your child received either the measles-mumps-rubella (MMR) or the varicella vaccine, please note: a small number of children get a rash and fever 7 to 14 days after these shots. The rashes

usually appear on main body area and last 2 to 3 days. Keep your child away from those that may be immunocompromised if a rash develops from the varicella vaccine.

Call Your Child's Physician If:

- Your child has a fever that lasts more than 36 hours.
- The rash becomes itchy or lasts more than 3 days.
- Call your doctor immediately if your child has a rash that changes to purple spots.

Your baby's next routine visit should be at the age of 15 months. Please bring your shot record to each visit.

What to Expect

Your child will continue to be very active. Your child's vocabulary will increase to 3 to 6 words. He should begin to learn his body parts. He will understand simple commands and try to help you with your tasks. Your baby will listen to stories and loves being read to. Your toddler will tell you what he wants by pulling, pointing, and grunting.

Suggested Reading

The Nursing Mother's Guide to Weaning

By: k. Higgins, RN

Guide to Your Child's Nutrition

By: W. Dietz

Guide to your Child's Symptoms

By: D. Schiff