



Date: _____ Height: _____ Weight: _____ OFC: _____

A year ago, did you wonder if you would ever make it to this day? Well, you have, and have taken a tiny helpless newborn to become a constantly moving and exploring person. Get ready! Your baby is about to enter the toddler stage of child development. Some 1-year-old children are cruising around furniture while others are walking. All 1-year-olds get into everything and become more vocal ... and more assertive! Your child's world is enlarging, bringing new excitement and new challenges to you as a parent.

PARENTING AND BEHAVIORAL

- Because your one-year-old is mobile, whether crawling, cruising, or walking, it is important to begin putting limits on their behavior. They learn by exploration but need safe limits. Praise the toddler for good behavior. It is important to teach the child the word "no." Saying "no" in a stern voice with good eye contact is almost always effective in this age group. Some parents have a fear of the word "no." They do not want their child to feel restricted, so they bend the other way and let their youngster run wild without any limits. A child needs guidance for his or her own protection and to learn that others have rights. "No" at the appropriate time is as important for the child's development as is nutrition and love. Discipline should be consistent to be effective. To discipline a one year old, use distraction, loving restraint, removal of the object from the toddler or the toddler from the object.
- Discipline does not mean punishment or spanking. If you become angry with your baby, put your little one in his or her crib or playpen for one or two minutes of "time out." This will allow you to calm down and it also allows your baby to realize that he or she has done something wrong. During "time out" the child should not be able to see you or any other family member.
- Encourage play with age-appropriate toys. Children this age love push and pull toys. Develop motor coordination by clapping and dancing to children's music. Encourage your toddler to play alone as well as with playmates, siblings and parents.
- Remember that aggressive behaviors — hitting and biting — are common at this age. How parents respond to this behavior determines if it will continue.
- Despite your child's desire to become independent, you will find the 1-year-old often clinging to a parent more than before. In addition, stranger anxiety may cause some parents not to be able to leave their child with grandparents or a baby sitter. It is important for parents to get out from time to time without their little one. You get a breather, and your son or daughter learns that sometimes you do go away, but you always come back. Continue reading to your child every day, even though he/she may seem more interested in chewing on the books than reading them! The more words your child hears, the quicker his/her language skills will develop.

DEVELOPMENT

- Pulls to stand, cruises furniture, or walks alone with an unsteady gait.
- Plays social games such as pat-a-cake, peek-a-boo and so-big.
- Bangs two blocks together.
- Has vocabulary of one to three words in addition to "mama" and "dada."
- Drinks from a cup – not bottles.
- Waves "bye-bye."
- Feeds himself or herself
- Points with a finger and displays a precise pincher grasp when picking up small objects.
- Shows definite understanding of a few simple words .
- Loves music, rhythms, and rhymes.
- Will begin to cooperate a little in getting dressed by holding still.

ILLNESS

- The 12-month-old child will continue to experience upper respiratory infections (colds) and might even have an occasional ear infection. Children who are in day care will experience more infections than those who are at home with a parent or grandparent.
- Up to 8-12 colds per year is typical. Most illnesses do not require antibiotics.

FEEDING

- Your baby's appetite is going to take a nose dive in the next six months. Your child has been experiencing very rapid growth for a while — doubling their birth weight at 5-6 months and tripling it at a year. Now the rate of growth is slower than in the first year and their appetite cuts back. Do not misinterpret this normal decrease in eating as a sign of illness or disease. Never, under any circumstances, force a child to eat. Develop a "take it or leave it" attitude and do not get into the habit of substituting, bribing or begging your child to eat. Your child will determine the amount of food he or she needs. Therefore, never overload the plate. If your son or daughter wants more, he or she may have it. One of our problems as adults is over eating, and many of us learned this in childhood.
- Most babies at this age are eating mostly table foods but if your youngster still prefers "baby food" that is OK.
- Give your 12 month old child a spoon to hold to get used to it, although most cannot master utensils until 18 months. As much as possible, let your toddler feed himself or herself.

- Feed your youngster three meals a day eaten with the family, and a mid-morning and mid-afternoon snack.
- If you are formula feeding, you might consider weaning to whole milk and limit the amount of milk to 24 ounces or less. It is important to eliminate all bottles by 12 months. After one year, the bottle is more of a comfort item and can cause damage to the teeth. If you are breast feeding, you may continue nursing as long as desired.
- Avoid foods that can cause choking, such as peanuts, popcorn, hot dogs or sausages, carrot sticks, celery sticks, whole grapes, raisins, corn, whole beans, hard candy, large pieces of raw vegetables or fruit, or tough meat.
- Poly-Vi-Sol with iron multivitamin drops is recommended if there is concern about the child's diet.
- Always supervise your child when he or she is eating.

ORAL HEALTH

- Begin brushing your child's teeth with a tiny, pea-size amount of toothpaste. Until your child able to spit, fluoride-free toothpaste should be used. Swallowing fluoridated toothpaste can lead to tooth discoloration.
- To protect the toddler's teeth, do not put him or her to bed with a bottle.
- Fluoridated tap water is the best drinking water for your child. If your family has well water or unfluoridated water, please notify us so that an appropriate fluoride substitute can be prescribed.

SLEEP

- Encourage your baby to console himself/herself by putting him/her to bed awake.
- Children this age frequently resist going to sleep because they do not want to be separated from people and their new activities.
- Your child may start to give up one of his or her naps, although most 1-year-olds still take two naps.
- Some 1-year-old children continue to experience night awakenings for short periods of time. Should this happen, check your baby, but keep the visit brief, avoid stimulating your infant, and leave the room quickly once you feel everything is okay. Do not give extra bottles, take the infant into bed with you, or rock him or her back to sleep. This will only reinforce the night awakenings and become a habit.
- Never put your baby to bed with a bottle.

IMMUNIZATIONS AND MEDICAL TESTS

- If it is the flu season, we do recommend a flu vaccine.
 - Hemoglobin for anemia (heel stick).
- Since immunization schedules vary from doctor to doctor, and new vaccines may have been introduced, it is always best to seek the advice of your child's health care provider concerning your child's vaccine schedule.*

SAFETY

- You must take safety to the "next level!" Your adorable newborn is now more "mobile" than ever, so child-proofing, if not done previously, is a priority. Accidents kill more children than all other diseases combined. Get down on the floor at your baby's eye level and see what your toddler can get into.
- Remember, there is no such thing as a "child proof" cap.
- Keep the number of the Poison Control Center near the telephone, 1-800-222-1222. Keep your child's car seat facing the rear until age 2.
- If guns are in the house, safety precautions are crucial.
- Do not leave your 1-year-old alone in a tub of water or on high places such as changing tables, beds, sofas or chairs.
- Always empty buckets, tubs or small pools immediately after use. Ensure swimming pools have a four-sided fence with a self-closing, self-latching gate. Swimming pools are deadly to children this age. Keep the bathroom door closed and toilet seat down.
- The cupboard under the kitchen sink is very attractive to a baby of this age, so have a lock put on all doors that have cleansers, detergents, bleaches, furniture polish, and insecticides behind them.
- As soon as you use medicine of any kind, replace the cap and put the bottle out of reach, preferably locked up. Be particularly vigilant when you have visiting grandparents who are not used to watching the medicines that closely.
- Continue to keep the baby's environment free of tobacco smoke. Keep the home and car nonsmoking zones.
- Do not use baby walkers. There is considerable risk of major and minor injury and even death from the use of walkers. Studies have shown that walkers significantly slow down the process of learning to walk. If your home uses gas appliances, install and maintain carbon monoxide detectors.
- Avoid overexposure to the sun, and use sunscreen with SPF of 30.
- Do not leave heavy objects or containers of hot liquids on tables with tablecloths that the baby may pull down.
- Place plastic plugs in electrical sockets.
- Keep all poisonous substances, medicines, cleaning agents, health and beauty aids, and paints and paint solvents locked in a safe place out of your baby's sight and reach. Never store poisonous substances in empty jars or soda bottles.
- Install gates at the top and bottom of stairs, and place safety devices on windows. Lower the crib mattress.
- Learn child cardiopulmonary resuscitation (CPR).

AFTER HOURS

Emergencies after 5:00 p.m. should be directed to our answering service by dialing 859-276-2594. A highly trained nurse will return your call and address your problems or concerns. If the situation is warranted, the physician on call will be contacted. Non-emergency questions should wait until the following morning. Please check our website FAQs for answers before calling after-hours: www.paalex.com.

RESOURCES

- **Poison Control 1-800-222-1222**
- **American Academy of Pediatrics: www.aap.org**
- **www.kidsgrowth.com**
- **www.paalex.com**

This information is for educational purposes only and it should be used only as a guide.