

Shelly C. Bernstein, MD
Joshua Gundersheimer, MD
Robert Andler, MD
Colleen Brownell-Krupat, MD

Weston Pediatric Physicians

486 Boston Post Road, Weston, MA 02493
(781) 899-4456

www.westonpediatrics.org

Rosemarie Dieffenbach, MD
Katherine Bui, MD
Karen Ashworth, FNP

Your Twelve Month Old

Length _____
Weight _____
HC _____

- Hep A
- MMRV
- Hemoglobin
- Lead level

NORMAL DEVELOPMENT

Your baby:

Stands alone and may take steps, climbs up and down stairs, and lowers himself to a sitting position.

May show preference for one hand.

Has tripled his birth weight.

May have 0-8 teeth.

Is developing a sense of humor, shows affection, loves an audience and applause.

May become more negative.

Imitates the behavior of others.

Remembers events and places.

Says 2-8 words, likes single repetitive sounds, and listens to new words.

Indicates wants.

DIET

The major achievement of walking may interfere with interest in eating as your toddler experiences new independence.

Offer 3 meals with 2-3 snacks of fruit, cheese, vegetable sticks, crackers and milk.

He feeds himself and parental assistance in feeding may cause a negative reaction.

Continue to wean your toddler from the bottle and promote cup use.

You may now give whole milk in place of formula or breast milk: Other milks such as skim milk should not be given until age 2.

You may now introduce honey. Choking hazards such as nuts, hot dogs slices, raw carrots, whole grapes, large pieces of oranges, popcorn and raisins should be avoided for the first three years.

HYGIENE

Begin to brush teeth twice a day. Parents should try to brush teeth once with 1/2 pea-sized dab of infant (fluoride-free) toothpaste and allow your toddler to "brush" his teeth himself with water the second time.

SAFETY

- ☉ At age 2 you may turn him forward facing in his car seat.
- ☉ Keep water heater set at 120 degrees to prevent scalding.
- ☉ Lower the crib mattress to the lowest setting, so your baby doesn't fall out when he stands.
- ☉ Safety gates should be placed at the top and bottom of stairs.
- ☉ Keep all small objects out of reach. In addition, a toddler may pull down appliances with cords, tablecloths, lamps, and drawers onto himself.
- ☉ Never leave your baby on a surface he could roll off of (tables, sofa's, beds)
- ☉ Keep plastic safety plugs in outlets and locks on all hazardous cabinets. Keep all hazards out of reach. Do not rely solely on cabinet locks.
- ☉ Bathtub safety intensifies. **STAY** with your toddler **EVERY** second while he's in the tub. If interrupted while bathing or changing a diaper, place your child in a crib or on the floor to keep him safe. A baby can drown in a few inches of water.
- ☉ Even with swimming lessons at a pool, your child is **NEVER** drown- proof.
- ☉ Keep toilet lids closed to prevent drowning.
- ☉ Keep all children away from cigarettes as well as tobacco smoke. Smoke particles can stick to clothing and upholstery in the house and car. Smoke exposure has been linked to asthma, ear infections and possibly SIDS.
- ☉ Do not allow your toddler to be nearby while you are cooking or drinking hot beverages. Keep pot handles facing inside of stove.
- ☉ Install smoke detectors on every floor and check batteries monthly. Replace batteries every 6 months.
- ☉ Keep **EMERGENCY** numbers including Poison Control (1-800-222-1222) near the telephone at all times.
- ☉ **DO NOT** store toxic fluids in soda, juice or milk bottles.
- ☉ Children under 4 years should not be given a toy with parts smaller than a ping pong ball.
- ☉ **DO NOT** allow your child to ride on a tractor or lawn mower. Keep him out of the yard while mowing and away from a driveway with cars in it.

STIMULATION/PLAY

Name objects out loud to help your child learn words such as body parts.
Describe things to your toddler in greater detail.
Toddlers love to dance, sing, play games, and read books.

TEETHING

Expect the 1- year molars.

LOOKING AHEAD

Before your next visit, your child:

- ☉ may start walking and talking.
- ☉ may become increasingly independent.
- ☉ should stop drinking from a bottle.

Toys of interest include books or dolls with zippers, buttons, snaps, and squeaks; pull toys, push toys, foot-propelled ride- on toys, phones, play shopping carts, purses, pounding toys, tops, and shape sorters.

Television and other entertainment media should be avoided in children under age 2. A child's brain develops rapidly during these first years, and young children learn best by interacting with people, not screens.

SUGGESTED READING.

Meals Without Squeals: Child Care Feeding Guide and Cookbook, by Christine Berman & Jacki Fromer

How To Get Your Kid To Eat; But Not Too Much, by Ellyn Satter

Healthy Sleep Habits, Happy Child, by Marc Weissbluth

NOTES:

Poison Control Hotline: 1-800-222-1222

- ☉ Your next scheduled visit will be at 15 months.
- ☉ Immunization for the next scheduled visit:
Prevnar