

Well-child check up: 12 months

Child's name: _____ Date: _____ Height: _____ Weight: _____

Immunizations received: _____

Next visit: _____ Immunizations needed: _____

Remember to bring your baby's vaccine record with you.

This sheet is meant to answer some common questions parents have about this age.

Nutrition

Your baby can eat a wide variety of foods. You may now offer whole cow's milk in a cup.

Encourage healthy snacks like yogurt, soft fruit, cheese cubes, or crackers.

To prevent choking, **never** give your child small firm foods such as:

- apples with the peels
- hard candy
- raw carrots
- celery
- corn
- hot dogs (whole or cut in circles)
- nuts
- popcorn

Clean your baby's teeth every day with a soft toothbrush or a clean cloth wrapped around your finger. No toothpaste is needed.

To prevent tooth decay **never** let your baby go to sleep with a bottle that contains anything but plain water.

Diaper changes

Babies usually have 4 to 6 wet diapers every day and a bowel movement every 1 or 2 days.

Sleeping

Most babies are now sleeping 8 to 10 hours at night. Your baby may still need 1 or 2 naps a day.

Growth and development

Babies develop at their own rate. In the next three months, your baby may be able to:

- use more words.
- eat food with fingers.
- use a cup and spoon.
- walk a few steps independently or with one hand held.

Learning through play

Encourage language by using words correctly and repeating them to your baby. Babies imitate a lot and do not need to hear "baby talk."

Safety

Babies are very curious about their environment. Encourage curiosity by creating child-proof areas, and watch your baby at all times.

Always keep crib rails at the highest position. Keep the crib mattress at lowest setting.

Keep small items out of your baby's reach.

Keep household cleaners and medicine in high places or in a locked cabinet. Keep garage area safe, too.

Use gates to protect your baby from stairs.

Make sure your baby is safely secured in the high chair whenever food is offered.

Cover electrical outlets with plastic child-safety covers.

Always use a car seat correctly, in the back seat, every time your baby rides in a car. Be sure it is adjusted to fit.

Never leave your baby alone in the car, even for a few minutes.

Never leave your baby alone near water, including the toilet and the bathtub.

Keep the poison control number by the phone (1-800-222-1222).

Use sunscreen (SPF 15 or higher) when baby is in the sun.

Have smoke detectors in working order.

Are you and your children safe in your home? Please talk to your doctor, nurse practitioner, or social worker if you have

any concerns about safety for you or your child.

Positive parenting

One-year-olds do not yet understand sharing. When your child grabs something, quickly exchange it for an acceptable toy.

Distraction works well with toddlers. When your child is doing something that is wrong, redirect to other play. Use "No" mainly in dangerous situations so that your child will listen whenever it is used.

Praise good behavior.

Never use discipline that physically or emotionally hurts your baby. If you feel you are losing control, take a few deep breaths, put your baby in a safe place, and go into another room for a few moments.

Support and information are important. Be sure to reach out for help when you need. Consider having someone watch your baby so you can take a break.

See the booklet, *Positive Discipline*, available on Children's Website.

Preventing illness

Make sure everyone in the family washes his hands:

- before **and** after preparing food, eating, or feeding your child.
- before **and** after using the bathroom or changing a diaper.

Don't smoke in the home or car.

Your baby will be tested for lead as needed. Lead particles can be found in household dust and outside soil. To help prevent your baby from swallowing lead, wash hands and face often, especially before eating or drinking.

When should I call the clinic?

- rectal temperature higher than 100.4° F.
- if you are worried about your child.
- trouble breathing – **call 911.**

Questions?

This sheet is not specific to your child, but provides general information. If you have any questions or concerns, many resources are available to help you.

Resources at Children's of Minnesota

Minneapolis clinic (612) 813-6107
St. Paul clinic (651) 220-6700

Family Resource Center (health, parenting, and community resource library)

Minneapolis (612) 813-6816
St. Paul (651) 220-6368

Parent Warmline (612) 813-6336
(child development and behavior)

Web site www.childrensmn.org
(includes information about visiting Children's, illnesses, and parenting, as well as Children's Medical Organizer—a free easy-to-use Web site to help organize your family's medical history)

Community resources

2-1-1 Phone Helpline (confidential information and referral to thousands of community services) dial 2-1-1, or (651) 291-0211

Child safety seat inspections (free) (information about the nearest location) 1-866-SEAT-CHECK www.seatcheck.org

Early Childhood Family Education (classes about raising young children) Call your local school district.

Early Childhood Special Education (screening and services for children with developmental delay or disability) Call your county.

Minnesota Tobacco Helpline (for help to quit smoking) 1-888-354-PLAN (1-888-354-7526)

Poison Control Center
toll-free number: 1-800-222-1222

Children's Hospitals and Clinics of Minnesota
Patient/Family Education
2525 Chicago Avenue South
Minneapolis, MN 55404
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