Optimum Internal Medicine & Pediatrics
Dr. Christopher Burress
Board certified Internal Medicine and Pediatrics

Name_____ Weight_____ Height_____ Date_____

Caring for your 12-month-old baby

Keep Your Baby Safe

Use a Car Seat

- Install it properly in the back seat facing backward. Keep your baby rear-facing until your baby reaches the car seat manufacturer's maximum rear-facing height or weight limit.

Prevent Suffocation

- Don't let your baby play with balloons or plastic bags.
- Don't give your baby marbles or toys with small, removable parts (like buttons). Give your baby toys made for your baby's age.

Prevent Drowning

- Don't leave your baby alone around water, buckets, the toilet or the bathtub.
- Learn child cardiopulmonary resuscitation (CPR).
- Empty buckets, tubs and small pools as soon as you are done using them.

Prevent Burns

- Protect your baby from sunburn. Use sunscreen.
- Keep your baby away from hot stoves, fireplaces, irons, curling irons, and space heaters. Turn panhandles toward the back of the stove.
- Set the water heater thermostat so that the water is not hotter than 120ºF.

Prevent Poisoning

- Tell your health care provider if you have peeling paint in your home.

Prevent Other Injuries

- Teach your baby caution around animals.
- Make sure an adult is always watching your baby.
- "Child-proof" your home (see our "Child-Proofing Checklist").
- Make sure you have smoke detectors on your ceiling. Check twice a year to make sure they work.
- Never shake, toss or hit your baby.

Provide Healthy Nutrition

- Feed your baby at family mealtimes. Give your baby 2 to 3 nutritious snacks per day. Nutritious snacks are low in fat and sugar and high in fiber (like most fruits).
- As much as possible, let your baby practice self-feeding.
- Offer your baby nutritious foods and let your baby decide how much to eat.
- Avoid foods that your child might choke on (nuts, hot dogs, popcorn, whole beans, chunks of raw carrot, celery or apple, whole grapes, hard candies, raisins, corn, or tough meat).

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Practice Healthy Parenting and Care-giving

Encourage Healthy Development

- Encourage your toddler socially. Talk with your baby. Encourage your baby to explore and play with others. Don't let your baby watch television.
- Excite your baby's sense of sight. Explore together outside.
- Encourage learning words. Read stories and rhymes with your baby.
- Help your baby be stronger and coordinated. Help your baby stand, walk along furniture, and walk independently. Teach your baby to drink from a cup. Let your baby play with floating objects (like a plastic toy or lid) while you give your baby a bath.
- **Never** yell at your baby. Set limits by taking your toddler away from the situation that is creating a problem. Try to see and prevent problems before they occur. **Avoid screen time** with your baby by limiting exposure to Cell Phones, Tablets, or Laptops.

Encourage Healthy Behaviors

- Praise your baby for healthy behavior.
- Help your baby learn to calm down or settle. A favorite toy, stuffed animal or blanket can help.
- Babies this age need structure. Create a schedule for your baby's day and try to keep to it. Create daily routines. Help the family create a few rules that apply to everyone in the family. Enforce them consistently.
- Think of and use discipline as a way of teaching and protecting your toddler, not punishing your baby. Teach your child that hitting, biting and kicking others is not okay. Teach your baby that breaking things is not okay.

Encourage Self Care

- Your child needs a regular bedtime, and may need a nap each day.
- Help your baby sleep through the night in your baby's own bed.
- Help your baby brush your baby's teeth at least daily. Use a tiny amount of toothpaste with fluoride. Make your baby an appointment to see a dentist.

Prevent Sickness—Identify and Treat It Early

- Do not induce vomiting or use ipecac. For suspected poisoning, call Poison Control at 1-800-222-1222.
- Keep your baby away from cigarette smoke. Do not smoke when your baby is in the car; do not smoke in the home.
- Call the clinic right away if your baby is coughing a lot or may be dehydrated. Sneezing, watery eyes and a stuffy or runny nose are cold symptoms. A fever is an under-the-arm temperature of 101°F or higher. A dehydrated baby has fewer than five wet diapers a day, is much less active than usual, or has dry lips and a pasty mouth.

Development

All babies develop at their own rate. At this age you may notice that your baby:

- Says one or more meaningful words or sounds
- Copies sounds
- Points to objects that your baby wants
- Follows simple directions
- Picks up small objects precisely with thumb and forefinger
- Places objects inside each other
- Takes steps while holding on to furniture or takes steps alone with legs wide apart

Your toddler's next visit is when your baby is about 15-months-old. At this visit we may check your baby for anemia. Your baby may receive another immunization (shot). Remember to bring your baby's shot record with you.