

Important Points About Your 12 Month Old



Diet

You may introduce whole milk now. Limit the amount of milk to 16-24 ounces a day to prevent anemia. Use formula or whole milk until 2 years. The easiest time to get your baby off a bottle is at 12 months as babies develop strong attachments at 13-14 months.

You may introduce honey now. Always supervise your child during mealtime. To decrease risk of choking, avoid popcorn, nuts, raisins, and hard candy. Fruit should be peeled, grapes cut in $\frac{1}{4}$ size and meat sticks/hot dogs should be cut lengthwise into slivers and not coins.

Continue vitamin D supplementation. Your baby needs 400-600 IU/day or 4000 IU/week.

Teeth

Brush teeth with fluoridated toothpaste after breakfast and before bedtime. Poke a pinhole in the foil covering the opening of the toothpaste to prevent accidental consumption. To avoid risk of tooth decay, offer milk at one sitting rather than allowing her to carry a cup around all day. Juice is high in sugar and is best avoided altogether. If you plan to give juice limit the amount to 4 ounces given once a day at meal time. Sippy cups filled with water are okay! Do not let your child sleep with a bottle and avoid breastfeeding overnight after 12 months of age. Milk sugar is a terrible offender for causing tooth decay. Fluoridated water is important for children's teeth. City water in our area has plenty of fluoride added.

A dentist visit is recommended by this age. There are many offices that offer a free initial consult for children under 3 years of age. A list of dentists is included in your packet today.

Falls

If your toddler falls and hits his head, you need to call us if your child faints, has a cut that needs stitches, or begins vomiting. Use Tylenol or Ibuprofen and an ice pack for pain and to decrease swelling.

Safety

Keep your car seat facing backwards until your child outgrows the height limit of the car seat for facing backwards (around four). Your child should be in a more upright convertible car seat now. Your child is 75% less likely to be severely injured in a car accident if facing backward because most impacts are head on and the force of the impact is absorbed along the child's whole back and not just the harness. This avoids spinal cord injuries.

Keep guns locked up in a gun safe, unloaded and stored separately from ammunition.

Always supervise your child while he is bathing. Keep buckets empty and toilet lids closed.

Keep Poison control Center phone number posted at home and programmed in your cell phone (**1-800-222-1222**). It is best to keep poisons in a locked cabinet.

Books & Website

For additional reference material we recommend:

www.healthychildren.org, www.aap.org

Caring For Your Baby and Young Child, by the American Academy of Pediatrics

Baby 411, by Denise Fields, Ari Brown, M.D.

Touchpoints, by T. Berry Brazelton, M.D