

TWELVE MONTHS

At twelve months, your baby may:

- Repeat behavior that gets attention.
- Drink from a cup.
- Pick up small things.
- Point with their finger.
- Try to climb stairs.
- Stands with support, and may take a few steps alone.
- Say “mama” and “dada”, and imitate vocalizations.
- Understand simple commands.
- Feeds self.

Things to do together:

- Help your baby to touch your eyes, nose, and mouth with their hands. Name each body part.
- Look for stories with animal pictures, and make animal sounds: moo, oink, quack, and meow.
- Play hand games like pat-a-cake and peek-a-boo.
- Let the baby sit with the family during meals.
- Put on music and dance with your baby.

What you can do:

- Keep a regular naptime and bedtime routine.
- Praise your baby.
- Check smoke detectors.
- Give your baby chances to play alone and with others.

Anticipatory Guidance (Do's and Don'ts):

- Do use protective clothing and sunscreen when going outside.
- Continue fluoride supplement if water not fluoridated.
- Wipe teeth with cloth and water or infant non-fluoridated toothpaste daily.
- Avoid choking foods such as peanuts, hotdogs, popcorn, raw carrot sticks, celery sticks, raw apples, grapes, raisins.
- Prevent falls – gates at stairwells, safety devices on windows and screens.
- Do not leave baby unattended in or near tub, pools, spa.
- Keep sharp objects (knives, scissors) and other hazardous items (coins, beads, medicines, cleaning solutions) in a secure place.
- Cover electrical outlets and keep child from playing with electrical or dangling cords.
- Encourage vocalizations and communication.
- Play social games such as peek-a-boo and pat-a-cake.
- Follow a regular bedtime routine. May experience night awakening. May use a favorite toy or blanket.
- May show separation anxiety.
- Use car safety restraints. May face forward if over 20 pounds.
- Confine outside play to within fences and gates, caution around moving machinery (eg: backing cars, mowers).
- Encourage speech development. Talk to baby, name common objects, point out body parts, use picture books.
- Pick up, hold, cuddle, love and talk to infant but also encourage baby to play alone.
- View infant's emerging independent behaviors as part of normal development rather than opposition to parents. You will need to start setting limits. Prohibitions should be few but firm and consistent.
- Praise desired behavior.



Common Concerns – Helping your baby learn words

Your baby will start saying simple words such as “mamma” and “dada”. In time, they will point and name people and things. Then they will say two or more words together. These are his/her first sentences. The most important things are:

- Talk to your baby, and read to your baby.
- When she/he says a word or sound, repeat it back to him/her.
- When sounds happen around the house, talk about them, “I hear the telephone ring.”
- Tell them what you are doing. “I am buckling your safety belt.”
- Label things. “Look at the brown dog.”
- Use picture books and magazines. Tell stories or point out people doing everyday things.
- Ask questions, “Do you want some crackers?”
- When they point to something, encourage them to say the word, then repeat the word as you give it to them.
- Avoid baby talk.
- It is ok to use two languages in your home. Babies do not get confused.

Feeding:

- **Breast Milk:** On demand
- **Iron Fortified Formula:** 16-24 oz divided into 3-4 feedings
- **Cereals/Breads:** unsweetened hot or cold cereals, bread, rice, noodles. 4 servings per day (8 tablespoons per day).
- **Fruit:** All fresh fruits, peeled, and seeded, canned fruits packed in water or fruit juice. 2 servings per day (4 tablespoons per day)
- **Vegetable:** Cooked vegetable pieces. May have some raw vegetables if child can chew them well. 2 servings per day (4 tablespoons per day).
- **Protein Foods:** small tender pieces of meat, chicken, or fish (1-2 oz). Egg yolk, yogurt, cheese, cooked dried beans. 2-3 servings per day (4-6 tablespoons per day).
- **Fruit Juice:** all 100% juices, from a cup, 4-6 oz per day

At this visit, your baby received the following vaccines:

- 1) **MMR:** immunizes against Measles, Mumps, and Rubella. This is the first of 2 doses.
- 2) **Varicella:** immunizes against Varicella. This is the first of 2 doses.
- 3) **Hepatitis A:** immunizes against Hepatitis A. This is the first of 2 doses.

The shots may cause some fever or fussiness for one or two days. If it does, use **TYLENOL DROPS** every four to six hours. Cool compress may be used if injection site is swollen or tender. A lump may occur at the injection site that will eventually go away.

Dose for Tylenol Infant Drops: _____ml or _____dropperfuls every four to six hours.

At the next visit, your bay should receive their fourth dose of DTaP, HiB, and Prevnar.

Next Visit: in 3 months (age 15 months)

