



## Watching you grow!

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Weight: \_\_\_\_\_ %

Height: \_\_\_\_\_ %

Head circumference: \_\_\_\_\_ %

# Well-child exam: 12 months

## Nutrition

- Your child now should eat a variety of foods from all of the basic food groups:
  - Dairy: milk, cheese and yogurt
  - Protein: beans, eggs, fish and meat
  - Fruit
  - Green, orange and yellow vegetables
  - Grains: breads, cereal, potatoes and rice
- Feed your toddler at family meal times and give 2-3 nutritious snacks per day.
- Offer nutritious foods and let your toddler decide how much to eat.
- Recommended Vitamin D intake is 600 IU daily. Recommended calcium intake is 700 mg daily.
- Your child's appetite will decrease in this year of life.
- Offer whole cow's milk in a cup. Limit the amount to 16-20 ounces per day.
- Weight gain will be slower than in the first year of life.
- Avoid giving fast foods and drinks that are high in fat, salt and sugar.
- Limit fruit juice to 4-6 ounces daily and none at bedtime.
- To prevent choking, **never** give your child nuts, hard candies or chewing gum. Avoid hard, raw fruits and vegetables unless cut up into very small pieces.
- Children should be scheduled for a dental visit within six months of the first tooth, but no later than 12 months of age.
- Children should be scheduled for a dental visit within six months of the first tooth, but no later than 12 months of age. As soon as your baby has a tooth, you may brush two times a day with a smear (size of grain of rice) of fluoride toothpaste on a child-size toothbrush with soft bristles. Start flossing when two teeth surfaces touch.

## Wetting and stooling

Your child usually will have:

- 4-6 wet diapers per day
- 1-2 soft stools per day

## Sleeping

- Most toddlers sleep 8-10 hours per night with 1-2 naps per day.
- A security object, such as a favorite blanket or stuffed toy (with no removable small parts) may give added comfort to your baby.
- Consistent, pleasant and predictable bedtime routines help promote good sleep habits that last a lifetime.
- Reading to your toddler at bedtime fosters language development and decreases bedtime problems.
- A bedtime feeding is no longer recommended.

## Illness

- Expect an average of 6-8 upper respiratory infections per year.
- Colds are caused by viral infections and will not respond to antibiotics. Unnecessary antibiotic use may increase your child's risk of becoming infected with resistant strains of bacteria.
- Prevent transmission of illness by keeping your child home until his diarrhea or fever has been gone for 24 hours, unless otherwise directed by your child's provider.
- Family members should wash hands frequently.

## Immunizations

Immunizations prevent life-threatening diseases.

### Reliable internet vaccine resources:

<a href="http://www.immunize.org">www.immunize.org</a>	<a href="http://www.immunizationinfo.org">www.immunizationinfo.org</a>
<a href="http://www.healthychildren.org">www.healthychildren.org</a>	<a href="http://www.chop.edu/vaccine">www.chop.edu/vaccine</a>
<a href="http://www.cdc.gov/vaccines">www.cdc.gov/vaccines</a>	<a href="http://www.health.state.mn.us">www.health.state.mn.us</a>

## Family relationships

- Praise good behavior.
- 1-year-olds do not yet understand sharing. Quickly exchange toys if your youngster grabs something that belongs to someone else.
- Distraction or redirection works well with this age.
- Never use discipline that physically or emotionally hurts your child.

*This sheet is not specific to your child, but provides general information. If you have any questions or concerns, please talk with your child's provider for assistance in finding additional resources.*

**CENTRACARE Health**

[centracare.com](http://centracare.com)

## Growth and development

- Encourage language by using words correctly and repeating them to your child and by reading to your child every day.
- Be attentive to your child's independence.
- Provide age-appropriate toys, such as blocks or rings, dolls, stuffed animals and books with simple pictures.
- Cuddling and being held are still important to your child, as are talking and singing.

Toddlers develop at their own rate. Your toddler may:

- Use “mama” and “dada” correctly and may have 3-5 additional words
- Understand more words than they are able to say
- Begin to walk, then climb and run
- Refuse to eat baby foods and will increase the amount of finger foods and table foods
- Have increased ability to grasp and manipulate small objects
- Be eager to explore a wider area. You will need to set limits when there are threats to safety, property or other desired household routines.

Television/video screen time is **not** recommended for children under 2 years of age.

## Safety

Toddlers need extremely close, almost constant, supervision. This becomes especially important as your curious toddler becomes more mobile and starts to explore his environment. Follow these steps to help ensure a safe environment for your toddler.

- **Do not** leave heavy objects or containers of hot liquids on tables within your toddler's reach.
- Turn pan handles toward the back of the stove.
- Keep your toddler away from hot stoves, irons, fireplaces, curling irons and space heaters.
- Keep all poisonous substances, plants, medicines, cleaning solutions, beauty products, paints and solvents out of your baby's sight and reach.
- **Do not** give your toddler plastic bags, latex balloons or small objects. Be aware of items that can cause choking; such as buttons, toy parts, batteries, coins or hard candies.
- Guard windows and stairs with railings or gates.
- Lower crib mattress so he won't climb or fall out, and always keep crib rails in the highest position.
- Cover electrical outlets with protective covers.
- Keep your toddler's environment free of smoke.
- Smoke and carbon monoxide detectors in the home should be in working order. Change batteries every 6 months.
- Use a rear-facing car seat in the back seat until your baby is 20 pounds **and** 2 years old. (AAP guidelines 4/09.) Consult your car seat manual for weight and height limits. Most infant car seats have a 20-pound limit. When your baby weighs 20 pounds, switch to a rear-facing, convertible seat that holds up to 30-35 pounds.

## Pediatrician-approved Web sites:

www.aap.org  
www.cdc.gov  
www.centracare.com  
www.childrensmn.org  
www.chop.edu  
www.ecbt.org  
www.healthychildren.org  
www.kidshealth.org  
www.helpmegrwmn.org  
www.parenting.umn.edu  
www.health.state.mn.us/divs/cfh/program/cyshn/earlyintro.cfm



## Community resources:

### Child passenger safety seat inspections (free)

Call 320-229-5139 for an appointment or visit [www.buckleupkids.state.mn.us](http://www.buckleupkids.state.mn.us) for more information.

### Early Childhood Family Education

For classes about raising young children, contact your local school district.

### United Way 2-1-1 help line

Provides confidential information and referrals to thousands of community services. Call 2-1-1, 651-291-0211 or 800-543-7709.

### Crisis Nursery

An adult in crisis affects a child's world. The Crisis Nursery is a free 24/7 temporary, safe haven where parents experiencing a family or personal crisis can call. For crisis day care/crisis counseling and family support, call 320-654-1090.

### Poison Control number

If you have a poison emergency or a question about a poison or about poison prevention, call 800-222-1222.

- **Never** leave your child alone in the car — even for a few minutes.
- Supervise your child constantly whenever he is in or around water, buckets, the toilet or the bathtub. A locked fence with a self-closing, self-latching gate should surround a pool.
- Avoid peak sun times (10 a.m. to 3 p.m.) Apply sunscreen with SPF 15 or greater 30 minutes prior to being in the sun and reapply every two hours or according to manufacturer instructions. Toddlers should wear protective clothing, hats and sunscreen when going outdoors.
- If in an area with biting insects, apply repellent with less than 30 percent DEET or 5 to 10 percent picaridin repellent to skin and clothing to protect your child. (Avoid eyes.)
- Remove hanging cords from window drapes and blinds. Babies can become entangled and strangle themselves.
- **Never shake your baby.** If you become too upset, put your baby in a safe place, such as a crib, and do not pick him up until you are calm. Call the clinic or 911 if you feel you may hurt your baby.