

Additional Information

Today's Date: _____

Baby's Height: _____

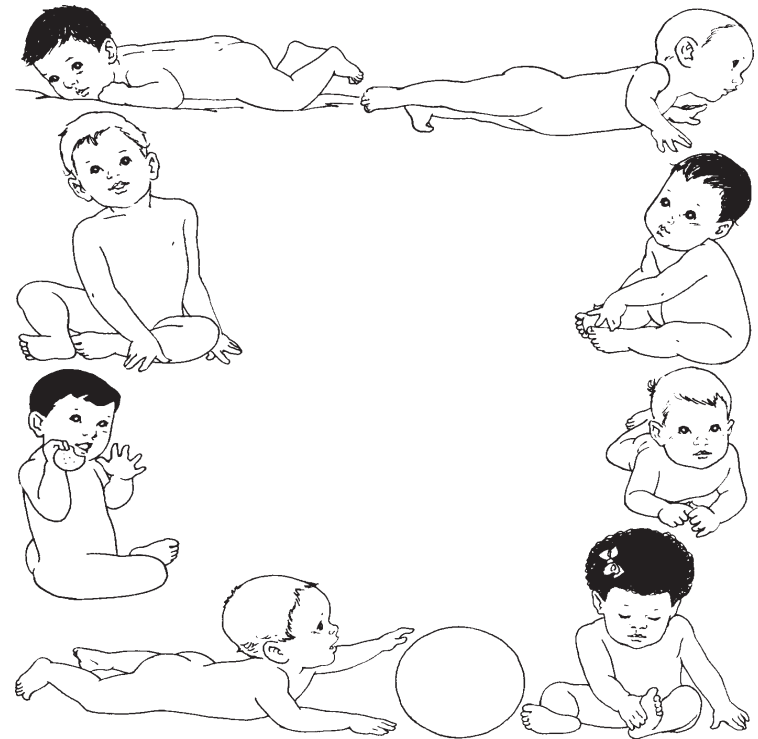
Baby's Weight: _____

Baby's Head Circumference: _____

Special Instructions: _____

Next Appointment: _____

Kent County Wants Healthy Babies



Your Twelve Month Old



Kent County Health Department
Maternal Infant Health Program
700 Fuller Ave., NE
Grand Rapids, Michigan 49503
616/632-7100
www.accesskent.com

Revised 8/08

Kent County Health Department
Maternal Infant Health Program
Childhood Education Series

How Your Baby is Growing

Appearance - your child's tummy and rear end stick out. She may look as if her legs are bowed and her feet may turn in or out.

Large Muscle Development - your child may be able to stand for a few seconds or even be able to take two or three steps without holding onto something. She may not walk alone until she is 13 or 14 months old.

Speech - your child may use one word to tell you what she wants. She may say "go", but she may mean "where did Daddy go?" or "I want to go in the car." She may repeat the word over and over just to practice. Instead of crying, she may point or crawl towards what she wants. She will slowly begin to connect words with what she wants, how she feels, and what she wants to do.

Social Development - your child will feel secure when routines are carried out the same way each day. Routines make her feel safe and happy because she knows what to expect.

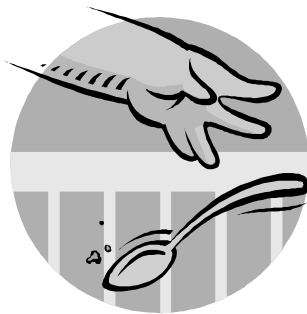
Emotional Development - your child is beginning to recognize feelings. She will know when you are upset.

Feeding Your Baby

By now your child should be eating most foods that you're eating. You no longer need to use pureed foods.

Your child may try to feed herself. Although she probably won't be able to do this well, let her stick the spoon in the food and lick it. It will be messy, but this is how she learns to use the spoon. Let her hold the spoon as you feed her. She'll enjoy having a part in the feedings.

Your child should be eating three meals a day. Meals should include more than one food group. She may have meat, vegetables and a piece of bread. It's important to give her a variety of foods.



Topic of the Month What to Expect

Toilet Training

Toilet training should begin when your child is ready, usually between the second and third birthday. Start by showing her the toilet she will be using and allowing her to sit there. Let her watch other family members use the toilet. Praise her successes and ignore the accidents.

Toilet training won't be successful until your child is ready and wants to take this major step. Some signs of readiness are:

- showing an interest in the toilet or potty chair
- being dry for at least two hours during the day
- being able to follow simple directions
- letting you know when she needs to be changed



Toilet training is not about making her do something for you or making her obey you. It is a matter of helping her do something for herself. The result will be that your child will gain more independence by being able to take care of her own toileting.

Medical Care and Immunizations

On or shortly after your child's first birthday, you will need to take her to the doctor. As before, she will be examined and receive her immunizations. At this time, she will probably receive the MMR (measles, mumps, and rubella) and Varicella (chickenpox) immunizations. She will also receive boosters of the other immunizations she has been given.

The doctor might want to see her again at 15 and 18 months of age. Then she may get any of the immunizations that were not given at the one year appointment. Your child will then only need to see the doctor yearly, usually sometime around her birthday. She will not need any more immunizations until she is ready for school. That will be sometime between her third and fourth birthday. If the need for immunizations changes, her doctor will tell you at her annual check up.

Thinking Skills

- Many things in your home make good thinking skill toys. Pots and pans are lots of fun. Let her find out how to put a lid on a pan. Give her one small and one large pan and their lids. Can she work out which lid goes with each pan?
- Your child wants to make things happen when she plays. Dropping toys is one of her favorite games. She may drop things over and over. She's curious and enjoys making noise. She's not trying to upset you. When you've had enough, give her something else to do.
- Place small, soft objects along a path in the hallway or a room and show her how to climb over, squeeze through, jump in, and wiggle around.
- Crawling is an adventure for your child. Make her a simple tunnel out of cardboard boxes taped together and let her crawl through.

Language Skills

- Look at books and read to your child every day. Go to the library and choose books with brightly colored pictures. Point to the picture and ask her to find things she knows. Ask her, "Where's the dog?" Help her point to it. When you read to her, she learns new words, how to listen and talk. She learns to enjoy books and reading and will have greater success in school later.
- Sing along to music and encourage your child to sing too.
- Label your child's body parts and encourage her to point to the part you name.
- Limit TV time. Lots of TV time may cause obesity and poor school performance. Most of all it cuts down on the time you spend playing with, and talking with, your child. You are your child's best teacher.



Social Skills

- Play "Follow the Leader". Clap, flap your arms and make funny faces. Watch your child copy you. She learns a lot by copying you. Let her help while you work. When you cook, give her a bowl and spoon so she can mix and cook too. When you pay bills, give her a crayon and paper so she can also write. Your child feels important when she does what you do.
- Take your child to the playground, park, zoo, toy store, mall, or pet shop. There's an exciting world outside, with interesting people, and she should see it often.
- Your child feels good when she does things by herself. Feeding or undressing herself may make extra work for you, but doing these simple tasks makes her feel proud.
- Children love pretend play. Plastic dishes, cereal boxes, egg cartons, plastic milk cartons, and grown up hats or shoes are great for pretend play.

A child's stomach is small. She will need to eat often. Snacks should be limited to one between each meal and one before bedtime. Do not let her "graze" (snack) all day. If she snacks all day, she will not eat well at meals. Snacks should provide nutrition. Cakes, cookies, candy and chips should only be given occasionally. Better snack choices are:

- yogurt
- fruit
- pudding
- crackers and cheese
- cottage cheese

Beverages can also fill your child's stomach so she won't eat well at meals. When she turns one year old, she should switch from formula to whole milk. She should drink about 12 to 16 ounces of whole milk a day, but no more than four ounces of juice a day. All beverages should be given in a cup. Breastfeeding may continue. Since whole milk is low in iron, be sure to include at least two foods high in iron in her diet. These foods include:

- some rice, pasta and breads (if the label says iron fortified)
- meat
- beans
- iron-fortified unsweetened cereals

All meals and snacks should be given at the table. Feed your child at the table when the rest of the family eats. Habits form at a young age. Part of mealtime is talking with each other. Do not eat in front of the television. Teach your child to sit down and eat with the rest of the family.

Most healthy children will eat when they are hungry. If your child refuses to eat, she may be trying to get attention. Do not force her to eat or make a special meal for her. Tell her she can eat at the next meal or snack.

Sleep Patterns



Your child may continue sleeping about 11 hours at night and taking one to two naps during the day. To help her settle down for sleep, it is important to continue with her bedtime routines.

Your Baby's Safety

Always know where your child is and what she is doing!

Place your child in a rear facing car seat until one year of age and 20 pounds. Check the height and weight limits for your car seat. The safest place for her is in the middle of the back seat. Do not leave her in a parked car.

Use approved safety gates to keep your child out of dangerous areas. Use the safety straps that come with a stroller, baby chair or shopping cart.



Make sure your child's crib mattress is in the lowest position.

Child proof your home by:

- Putting covers on electrical outlets.
- Keeping cleaning supplies out of your child's reach.
- Keeping the toilet lid down.
- Moving electric cords and extension cords out of her reach.
- Cushioning sharp corners on furniture where she plays.
- Making sure furniture and the television will not fall over on her if she tries to pull herself up on it.

Choking

- Put small items out of reach.
- Cut food into small pieces. Do not give her nuts, popcorn, chunks of meat, hot dogs, peanut butter, grapes, raw vegetables, or candy.
- Don't let her eat while running or playing.
- Keep her away from plastic bags and balloons.

Windows

- Keep furniture your child can climb on, including her crib, away from windows.
- Never open a window without a screen.
- Cords on shades, blinds and curtains should be tied up out of reach.

Important Reminders

- Keep a watchful eye on your child when other children are around. Never leave her alone with a pet.
- Never leave your child alone in a bath or near water. She can drown quickly in just a few inches of water.

- Be aware of sources of lead poisoning. Your child is moving around more and putting her hands in her mouth. Talk to your nurse about sources of lead.
- Have emergency phone numbers by the phone including the Poison Control Center (1-800-222-1222).
- Remember to have at least one working smoke detector in your home.
- Have an escape plan in case of fire.



Interacting with Your Baby

Learning games become more exciting. Here are some ways to have fun with her while you help her develop.

Motor Skills - Large Muscle

- Give your child plenty of time and space to practice pulling up, standing, cruising (holding onto furniture as she walks), and stepping. She'll do best if she's barefoot since children use their toes for gripping when they take their first steps. For the child who isn't quite walking yet, put some favorite toys just out of reach to provide incentive for movement.
- Give your child a safe place for climbing. Children love to climb steps, go up a slide, or climb off a chair.
- Encourage your child to be physically active. Get down on the floor and crawl. Tell her to come and get you. Roll or gently toss a ball to her. Encourage her to roll it back. Give her a push toy to walk behind. Watch her play and praise her when she tries something new. Give her a big smile and hug and say, "Good job! I'm proud of you".

Motor Skills - Small Muscle

- Your child learns a lot playing with blocks. Show her how to dump them, bang them and build with them. She loves to help you build a tall tower. She loves to knock it down.
- Give your child crayons. Let her scribble on paper you've taped to the floor or table. When she is older, finger painting is fun too. Be with her when she tries though, or she may want to color everything!
- Show your child how things fit together. Give her different size plastic bowls. Watch as she learns to put the smaller bowl into a larger one. Playing with toys that stack or fit together teaches her about size and shape and inside and outside.
- Play with your child during her bath. It's a fun place to blow bubbles. Let her practice filling and pouring from a cup.

