

CMA 12 Month Well Baby Visit

Development

What most babies do by this age:

- Plays games with you, like pat-a-cake
- Waves “bye-bye”
- Calls parent “mama” “dada” or other special name
- Put something in a container
- Looks for things he sees you hide
- Pulls to stand
- Walks holding on to furniture
- Drinks from a cup without a lid if you hold it
- Use thumb/forefinger together to pick up things like small bits of food

Nutrition

- Start weaning from bottle.
- Start regular whole milk in a cup/sippy cup- 16-24 oz of milk or dairy equivalent a day. Yogurt is equivalent oz per oz to milk; 8 oz milk=1 ½ oz hard cheese or 2 oz processed (eg. American cheese). No more than 24 oz a day to prevent anemia.
- No un-pasteurized/raw dairy products
- Continue iron-fortified cereals/iron-rich foods
- Provide finger foods
- Offer a variety of foods-let toddler decide how much to eat
- Avoid added sugar and salt to food
- Discourage juice; limit to 4 oz a day max
- Beware of choking hazards: nuts, hotdog slices, raw carrots, whole grapes etc.
- Eating habits may be erratic and unpredictable from day to day
- Best not to turn mealtimes into battles

Hygiene

- Dental visits 1-2 years of age
- Brush teeth with tiny smear of fluoride toothpaste
- Nothing to drink but water after brushing teeth before bed
- **Maintain good hand washing practices**

Sleep

- Sleeps about a total of 10-15 hours per day
- May stop taking morning naps
- Starts to actively dream which may startle or frighten child awake
- May resist going to bed: try to establish and maintain a bedtime routine

Safety

- Recommend rear-facing in car seat until 2 years old
- **Safety proof home:** no exposed outlets; keep cords, medicines, chemicals out of reach; locks on cabinets; smoke detectors on every floor; fire escape plan; water temperature less than 120 degrees; safety gates on top and bottom of stairs; open windows from tops or protect open windows with barriers that toddler can not push out
- If weapons in the home, keep unloaded and locked out of sight
- Lower crib mattress to lowest setting
- Keep crib free of objects that toddler can stack to climb on and get out
- Never leave child alone in the car
- Do not leave alone with younger sibling or pet
- Remove all small objects that baby can choke on
- Avoid smoke in environment; has been linked to asthma, ear infections and SIDS
- Keep pot handles facing inside of stove
- Keep Emergency numbers and Poison Control numbers (1-800-222-1222) near phone at all times
- Keep crib away from window and curtain cords
- Use sunscreen at least SPF 15 or higher if outside for extended periods of time
- Never leave alone in tub or around containers of water such as toilets, wading pools, buckets

Stimulation/Activities

- Rhymes and songs
- Dancing/cuddling
- Stacking towers
- Push, pull, dumping and riding toys
- Wooden blocks
- Nesting cups/blocks
- Large crayons
- Picture books
- Play phones, shopping carts, purses, pounding toys, shape sorters
- Name and point to everyday objects and activities
- Read to child every day
- Avoid spanking: use redirection/distraction
- *See CMA links page for more helpful health information: **www.cmanva.com**

Next Well Baby visit at 15 months

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