



PEARLAND PEDIATRICS

& SPORTS MEDICINE

FOR YOUR 12 MONTH OLD

FEEDING

Offer a variety of healthy table foods diced into small pieces.

Avoid giving any large pieces of food, raw carrots or celery, chips, popcorn, nuts, seeds, whole grapes, or hotdogs that may cause choking.

If you are a vegetarian or vegan, it may be necessary to consult a nutritionist to ensure your toddler gets enough protein and nutrients.

You may continue to breastfeed your baby after 1 year of age. Continue prenatal vitamins while breastfeeding.

Introduce whole milk in place of an iron-fortified formula. Your toddler should drink 16-24 ounces of whole milk each day. Too much milk can lead to picky eating and possible iron-deficiency anemia.

Your child may start to get picky with certain foods. Continue to offer your toddler healthy foods and avoid giving less healthy options when they refuse to eat. Your toddler will eat the healthy foods when he/she is more hungry.

Do not give your 12 month old a bottle anymore. Put the milk in a "sippy cup" instead of a bottle. Do not put your toddler to bed with a bottle of milk.

Most toddlers do not need vitamins, but they do need 400 IU/day of Vitamin D in their diet, or as a supplement.

Avoid giving your toddler juice. Offer meals on a schedule and healthy snacks to avoid grazing.

Have family meals – toddlers enjoy the social aspects of eating.

AVERAGE DIET FOR TODDLERS

Cereal- Iron-fortified cereal (rice, mixed barley, or oatmeal); cooked or instant Cream of Wheat, Cheerios, or other non-sugar coated cereals.

Fruits – Fresh, stewed, or baked; small pieces of fruit according to chewing ability.

Vegetables – Fresh, steamed, boiled, canned or frozen. Refrain from raw vegetables. Offer vegetable soup.

Meats/Poultry – Boiled, roasted, broiled tender meats/poultry. Meats served in soups. Use strained baby meats as a sandwich spread. Avoid fried foods.

Dairy – Soft, mild cheese (cottage, cream, American, cheddar), pudding or yogurt.

Starch – Give fewer starches, and more fruits and vegetables. Potato (broiled, baked, or mashed), whole grain breads, crackers, pastas, spaghetti with tomato sauce, macaroni and cheese, pancakes, French toast, rice cakes.

Meat substitutes – macaroni and cheese, cheese dishes served with milk, yogurt, beans, cottage cheese.

DEVELOPMENT(12-15 MONTHS)

Crawls, scoots, and creeps, pulls to stand, may walk alone or assisted.

Understands "no", says "mama" and "dada" with meaning, may have 1-3 other words, imitates words and gestures, follows simple commands. Talk and read to your child to help them develop their language.

Finger feeds, may use a spoon, uses cup, waves, claps, and plays peek-a-boo.

FOR YOUR 12 MONTH OLD

Likes to look at pictures, points to named body parts, likes boxes, balls, bowls, imitates adult behavior with telephone, hairbrush.

SLEEP

The average baby sleeps 14 hours per day at this age.

Most toddlers at this age still take 2 naps per day.

Your baby should be sleeping through the night without needing to be fed.

SAFETY

Car seats should remain rear facing until beyond 2 years of age. Make sure to adjust the shoulder straps as your child grows. Check your specific car seat for guidelines that it can remain rear facing safely. Most children are ready for a convertible car seat at this time. This will also be rear facing.

Keep cleaners, medications, plastic bags, and small objects away from your baby. Use cabinet locks, outlet covers, and safety gates.

In case of accidental ingestion or poisoning, or for free poison prevention, call Poison Control at (800) 222-1222.

Falls are common in this age group – use wall mounted gates on stairs.

Use a properly fitted bicycle helmet if you take your toddler on a bike ride in either a trailer or toddler seat.

OTHER THINGS TO KEEP IN MIND

Use a small, soft toothbrush to clean your toddler's teeth every day. You should use a small amount (like a grain of rice) of fluoridated toothpaste on the brush. Establishing dental care early in your child's life is recommended at first tooth eruption or by the first year. In the event of a dental injury or other concerns, you will then have a dental home.

Protect from sun exposure with clothing, blankets, or an umbrella. Use PABA-free sunscreen with SPF>50. Reapply frequently.

Read to your child daily!

Avoid electronics/screen time.

PRESCRIPTIONS FOR READING

Kiss Good Night (Amy Hest and Anita Jeram)

You are My Sunshine (J. Davis and C. Church)

Toes, Ears, and Nose! (Marion Dane Bauer)

Baby Signs (Joy Allen)

Rain, Rain Go Away (C. Church)

Where is Baby's Belly Button? (Karen Katz)

Baby Bear, Baby Bear, What Do You See?

(Bill Martin and Eric Carle)

Oh, David! (David Shannon)

TESTS/IMMUNIZATIONS FOR TODAY

Your baby will receive immunizations today.

Please review our information sheets or you may visit www.aap.org for vaccine information.

Your baby may have blood taken for routine tests.

WEBSITES

www.pearlandpediatrics.com

www.aap.org

www.cdc.gov/vaccines

www.seatcheck.org

www.healthychildren.org

ACETAMINOPHEN DOSAGE(160mg/5mL)

(Every 4-6 hours)

12-17lbs = 2.5mL

18-23lbs = 3.75mL

24-35lbs = 5.0mL

IBUPROFEN DOSAGE (Every 6-8 hours)

Weight	Infant	Children
12-17lbs	= 1.25mL	= 2.5mL
18-23lbs	= 1.875mL	= 3.75mL
24-35lbs	= 2.5mL	= 5mL

YOUR NEXT APPOINTMENT IS AT 15 MONTHS

at the 15 month check-up...

- Your baby will have a physical examination.
- Your questions and concerns will be answered.
 - Your baby will receive vaccines.
- You will be given a developmental questionnaire to complete in our office