

YOUR 12 MONTH OLD TODDLER

BY 12 MONTHS OF AGE IT IS COMMON FOR YOUR TODDLER TO:

- Say “mama” and dada, specific to parents , plus one or two other words.
- Follow a one-step command (such as, Please bring me the ball.”)
- Point at objects
- Stand alone
- Walk with one hand held and possibly walk alone
- Precisely pick up object with thumb and forefinger
- Feed self with hands
- Enjoy peek-a-boo, pat-a-cake, and other social games

NUTRITION:

By 12 months, kids are ready to switch from formula to *cow's milk*. Children may be breastfed beyond 1 year of age, if desired.

Between 1-2 years, toddlers should drink about 16-24 oz. (470-710ml.) of whole milk a day.

Your child also may be moving away from baby foods and may be more interested in *table foods* . Offer a variety of soft table foods and avoid choking hazards.

SLEEPING:

There's a wide range of normal, but generally 1 year olds need about 13-14 hours of sleep a day, including 1-2 daytime naps.

WHAT TO LOOK FORWARD TO:

Here are some things to keep in mind until your next routine visit at 15-18 months:

1. Give your child some whole milk (not low fat or skim) until 2 years of age.
2. Limit your child's intake of **cow's milk** to about 16-24 oz. (470-710 ml.) a day. There are exceptions, especially if your child is ill.
3. Serve **Iron-fortified cereal** and increase iron-rich foods in your child's diet.
4. Transition to a sippy cup at 12 months. Gradually **eliminate bottles**, starting with mealtimes. If you are nursing, offer only milk in a cup and avoid the bottle habit altogether. Try to eliminate bottles by 15 months.
5. Serve **juice** in a cup and limit it to no more than 4 oz. (120 ml.) a day.

6. Avoids foods that can cause **choking** (such as whole grapes, raisins, popcorn, pretzels, nuts, hot dogs, sausages, chunks of meat, hard cheese, raw vegetables, or hard fruits).
7. *Avoid* drinks or foods that are high in **sugar**.
8. Wipe or brush your child's **teeth** *without* toothpaste twice a day. Schedule a dentist visit if you have any concerns.
9. Infants learn best by interacting with people and exploring their environment, so make time to talk, read, and play with your child every day.
10. Switch to a **forward-facing car seat** in the back seat when your child is 1 year old *AND* at least 20 lbs. (9Kg.).
11. Have a **safe play area** and allow plenty of time for exploring and active play.
12. Make sure your home is safe:
 - Install safety gates and tie up drapes, blinds, and cords.
 - Keep locked up/out of reach: choking hazards, medicines, toxic substances, items that are hot, sharp, or breakable.
 - Keep the local **Poison control** number near the phone.
 - To prevent drowning, close bathroom doors, keep toilet seats down, and *always* supervise around water (including baths).

WHAT TO EXPECT AT YOUR TODDLER'S NEXT CHECK UP:

1. Check your baby's weight and length and plot on growth chart.
2. Perform physical examination.
3. Update immunizations.
4. Address concerns and offer advice.

QUESTIONS FOR YOUR TODDLER'S PROVIDER:
