

WELL CHILD: THE TWELVE-MONTH-OLD (1 OF 2)
VIRGINIA MASON MEDICAL CENTER – PEDIATRICS AND ADOLESCENT MEDICINE
www.virginiamason.org/pediatrics

Name _____ Weight _____ lbs. _____ oz.
Date _____ Length _____ in.
Head Circumference _____ cm

NUTRITION

- Typically children at this age eat three meals a day and two healthy snacks. Sit down to eat as a family.
- Avoid “choke foods” until age 3, especially hot dogs, popcorn, nuts, and raw vegetables.
- Switch from formula to whole milk now. Your child needs 16–24 oz. daily. Milk is only part of a food group, not the primary source of calories and nutrients. Serve milk in a cup at meal time. Otherwise, give water. Taking more than 24 oz. of milk per day can cause constipation and increase the risk of iron deficiency.
- Continue a vitamin D supplement (600 IU per day) if your child takes less than 16 oz. of milk per day.
- Plan to phase the bottle out between 12–15 months.
- Appetite highs and lows are expected. Your job is to offer healthy foods. Your child’s job is to eat healthy foods when hungry. There is no need to encourage or “force” your child to eat when he/she is clearly not interested.
- Spoon skills are improving; allow your child to feed themselves.
- Modeling good nutrition promotes your child’s continued health and helps develop good habits for the future.
- If constipation becomes a problem, offer water, apricot, pear, or prune juice.

DENTAL CARE

- Brush teeth at least daily. Use a small amount of fluoride toothpaste, or no toothpaste, before age 2 years. Your child should begin regular visits with a pediatric dentist by age 2.
- Do not give your child a bottle in the crib. Bottles in bed and breast feeding throughout the night can cause tooth decay.
- A fluoride supplement may be needed if your baby does not receive water containing fluoride.

DEVELOPMENT FROM 12 – 18 MONTHS

- Shows a preference for one hand
- Shakes head “no” (before nodding “yes”)
- Scribbles and imitates a drawn line
- Participates in parallel play; not ready to share
- Removes articles of clothing
- Has a 4–10 word vocabulary by 18 months
- Responds to name, points at objects and identifies body parts
- Makes eye contact with you for reassurance
- Walks well and runs
- Uses “mama” and “dada” appropriately
- If you have any concerns about your child’s vision or hearing, please let me know.

PARENTING

- Respond in a positive way to your child’s good behavior.
- Be very consistent and clear. Keep “rules” to a minimum.
- Temper tantrums and negativism are a normal part of this stage of development. Stay calm; don’t overreact. Try to understand what your child is asking, respond clearly, suggest an alternative, and then allow him/her to handle the tantrum on his/her own. Tell her/him you’ll be there when she/he is finished with the tantrum.
- Respect your toddler. Ask if he/she is finished eating prior to taking him/her out of the high chair. Give warning when the scene is about to change. Help her/him communicate and cooperate by giving him/her the opportunity. Narrate your day; talk about what you are doing and seeing.
- Babies understand your speech before they are able to express themselves.
- Provide freedom to explore safely.
- Maintain your bedtime ritual. Usually children change to one mid-day nap by age 15–18 months.

SAFETY

- Curiosity and energy are not balanced by judgment at this age. You must closely supervise your toddler.
- Never leave your child unattended or supervised only by an older child around water, pools, or bathtub.
- Be very clear about street and parking lot safety—always hold hands or carry.
- Secure stairs and windows, stoves, heaters, television sets, and furniture.
- Never allow a child to “play” unaccompanied in the car.
- Always use a properly fitted rear-facing car seat. The center rear seat is safest. If they outgrow the infant seat, transition to a larger rear-facing car seat. Children should remain rear-facing until **TWO** years of age **or** until they reach the maximum weight or height for rear-facing in their car seat. Check your car seat manual.
- Check your smoke detectors and fire extinguishers on a regular basis. Have a family fire exit plan: ladders in upstairs bedroom, etc.
- **DO NOT USE BABY WALKERS!** Babies can be seriously injured in them, even with close supervision or automatic wheel locks, and walkers do not help a child learn to walk.

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- Apply sunscreen to exposed areas.
- In case of ingestion of poisons, call the Poison Control Center immediately. Post this number by your phone: 1(800)222-1222.** Do not use syrup of ipecac. Visit poison.org for more information.

ACTIVITIES

- Read, read, read, read at least 10 minutes a day. Point to body parts and name them.
- Roll a ball back and forth or play other “give and take” games. Put toys or objects in and out of containers.
- Push/pull toys, Play-Doh or clay.
- Introduce counting. Give sequential directions to follow.
- TV and videos, even “educational” programs, are not recommended, and do not help your baby’s development.
- No screen time is recommended before the age of 2. Do not entertain your baby with videos or apps on the phone, lap top or television. The human voice is the best stimulant for developing infant brains.

IMMUNIZATIONS

- You may find detailed information about vaccines, including our recommended schedule and links to the CDC’s Vaccine Information Statements, at virginiamason.org/immunizations.

Acetaminophen (Tylenol)

Child’s Weight	Infant’s or Children’s Suspension (160 mg/5 mL)	PLEASE NOTE The old concentrated acetaminophen infant drops (80 mg/0.8 mL) are being phased out and should no longer be used. For more information, visit snipurl.com/NewTylenolDosing
6–12 lbs	1.25 mL	
12–18 lbs	2.5 mL	
18–24 lbs	3.75 mL (3/4 tsp)	
over 24 lbs	5 mL (1 tsp)	

Acetaminophen may be given every 4 hours but not more than 4 times in 24 hours.
Please call the office if a fever persists for more than 2 days or if you have any questions about your child’s illness or vaccine side effects.

Ibuprofen (Advil, Motrin)

Child’s Weight	Infant Drops (50 mg/1.25 mL)
12-18 lbs	1.25 mL
18–24 lbs	1.875 mL
24–28 lbs	1.25 mL + 1.25 mL
over 28 lbs	1.875 mL + 1.25 mL

Ibuprofen may be given every 6 hours and not more than 4 times in 24 hours. PLEASE CHECK THE CONCENTRATION OF THE IBUPROFEN YOU ARE USING.

NEXT VISIT

- Please schedule your baby’s 15-month well visit as you leave today.

BOOKS / RESOURCES

Healthy Sleep Habits, Happy Child by Marc Weissbluth, M.D.

Solve Your Child’s Sleep Problems by Richard Ferber, M.D.

Sleeping Through the Night, Revised Edition: How Infants, Toddlers, and Their Parents Can Get a Good Night’s Sleep by Jodi A. Mindell, Ph.D.

The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night by Elizabeth Pantley

How to Get Your Kid to Eat... But Not Too Much by Ellyn Satter

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