



TWELVE MONTH VISIT – HAPPY BIRTHDAY! Anticipatory Guidance

Safety

- **Car Seat Safety.**
 - Use a rear facing car seat in the back seat of your vehicle. Read more about car seat safety at healthychildren.org and the [CDC](http://www.cdc.gov).
 - When your baby is too big for an infant seat, change to a convertible car seat.
 - Keep baby's car seat rear facing until he reaches the highest weight or height allowed by the manufacturer for rear facing. This may be well past the second birthday.
- **Home Safety.** See 6 and 9 month safety recommendations. Also
 - Keep your child away when your pet is eating. Be close when he plays with your pet.
 - Keep your child within arm's reach when he is near or in water.
- **Sun safety.** When you go outside, put a hat on your child, have him wear sun protection clothing, and apply sunscreen. Limit time outside when the sun is strongest (11am-3pm).

Health

- **Dental Health**
 - Clean your baby's teeth with a toothbrush and a small smear of fluoride toothpaste (no more than a grain of rice) twice a day.
- **For after-hours emergencies, you can reach the provider on call at 252-499-6012.**

Feeding

- Offer healthy foods for meals and snacks. Give 3 meals and 2 to 3 snacks spaced evenly over the day.
- If your baby was formula fed or you weaned from breastfeeding, offer about 16 ounces of **whole milk** daily. **Excessive milk intake at this age is a risk factor for anemia**, so avoid giving more than 16-24 ounces of milk per day.
- Discontinue bottles. Offer all beverages in a cup, straw cup, or sippy cup.
- Have your child eat with the rest of the family during mealtime.
- Let your child decide what to eat and how much. End his meal when he stops eating.
- Encourage your child to feed himself. You can let him practice with a spoon or fork.
- Avoid small, hard foods that can cause choking – popcorn, hot dogs, grapes, nuts, and hard, raw vegetables.
- If your baby's hemoglobin is normal at the 12 month checkup, iron supplementation is no longer needed.

Development

- All babies develop differently. Some babies have learned to walk before their first birthday, while others may not be ready for a few more months.
- Many 1 year olds know the meaning of words like "mama" and "dada." Pointing to things and saying the word for them helps babies learn language.
- Play with and read to your child often.

- Make the hour before bedtime loving and calm, with reading, singing, and a favorite toy.
- Don't allow your baby to watch TV or use computers, tablets, or smartphones.
- Use the word "no" when your baby is going to get hurt or hurt others.
- Praise your child when he does what you ask him to do.
- Use short and simple rules for your child.
- Try not to hit, spank, or yell at your child.
- Your child should have at least one nap per day.

Caring for your Family

- If you are worried about your living or food situation, talk with us. We can connect you with community resources such as WIC and CC4C.
- Make sure everyone who cares for your child offers healthy foods, avoids sweets, provides time for active play, and uses the same rules for discipline that you do.
- Make sure the places your child stays are safe.
- Think about joining a toddler playgroup.

Next Well Check: 15 months of age

This is general guidance. Please speak with us directly about specific concerns for your child. Well checks are an important time to review growth, development, and what to expect over the next few months with your toddler.