



Your Child at 12 Months

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TODAY'S MEASUREMENTS

Head circumference: _____ centimeters (_____ percentile)

Height: _____ inches (_____ percentile)

Weight: _____ pounds _____ ounces (_____ percentile)

IMMUNIZATIONS: Chickenpox (varicella), Hepatitis A (two doses six months apart are needed by 24 months), Hib (Haemophilus influenzae), MMR (measles, mumps and rubella), Pneumococcal conjugate

Possible vaccine side effects include:

- **Fever**
 - **More irritability or fussiness**
 - **Redness or swelling at the site of the shot**
 - **Rash**
- If needed, you can give your baby acetaminophen (Tylenol). Ask your doctor for the correct dose. Contact your doctor if your child's symptoms are severe or last longer than 48 hours.*

NOTE: There is a slight risk of fever or rash seven to 12 days after your child is vaccinated. This shouldn't be something to be concerned about for your child. But, if a fever or rash does develop, your child should not be around other people with a significantly weakened immune system.

Next visit: Age 15 or 18 months

LABS: Your child may need to be tested for anemia, lead poisoning or tuberculosis. Talk with your doctor.

NUTRITION

- Keep breast-feeding as much you can and for as long as you and your child want.
- You can now replace formula with whole cow's milk—16 to 24 ounces a day is enough.
- Have your child drink from a cup instead of a bottle when possible.
- Babies at this age do not need juice. If you choose to give juice to your child, limit the amount to no more than four ounces a day.
- Have your child use a spoon and feed himself or herself—even if it is messy.
- Let your child eat more finger foods such as cut fresh fruit, Cheerios, pieces of whole grain bread or infant crackers. Do not give your child foods that he or she can choke on such as nuts, raisins, popcorn, hard candy or hot dogs cut into round pieces.

DEVELOPMENT

All babies develop at their own rate. At this age you may notice your baby:

- Says one or more meaningful words or sounds
- Copies sounds
- Points to objects that he or she wants
- Follows simple directions
- Picks up small objects precisely with thumb and forefinger
- Places objects inside each other
- Looks for objects hidden from view
- Takes steps while holding on to furniture or takes steps alone with legs wide apart

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- Most children can now have honey, eggs, fish, shellfish and foods that contain nuts. But if your child has had food allergies, eczema or if there is family history of allergies, your doctor may want your child to avoid some of those foods for a longer time. Talk with your doctor.
- Keep giving your child vitamin D and/or fluoride supplements as your doctor suggests.
- This is a common time for food struggles to arise. It is your job to give your child healthy foods, and it is your child's job to decide how much to eat. The amount of food your child eats can vary from day to day. Do not force your child to clean his or her plate. It is normal for weight gain to slow this year so your child may eat less than before. Trust that your child knows when he or she is hungry and full. Do not let your child watch TV during mealtimes.

SAFETY

- Use a car seat that is convertible and rear-facing for as long as your child meets the seat's weight and height recommendations and at least until he or she is two years old.
- Keep following safety guidelines when your child is close to water, near stairs or on high surfaces. Kids can climb onto counters and tables at this age; some will climb out of their crib.
- Be sure to watch your child closely when visiting friends and family who have not babyproofed their home.
- Make sure that your child's toys do not have sharp edges and can't be broken. The toys should be at least one and a half inches wide—your child could choke on them if they are smaller than that. Keep balloons and plastic bags away from him or her because they are dangerous and can suffocate your child.
- Keep the crib mattress at the lowest setting.
- Don't have your child in the sun often or for long periods of time. When outdoors put a hat on your child and apply sunscreen with at least SPF 30.
- If you live in a home that was built before 1950 or a recently remodeled home that was built before 1978, your child may need a simple blood test to check lead levels. Talk with your doctor.
- Make sure that the smoke and carbon monoxide detectors in your home are working.
- If you have guns in your home, keep them unloaded, locked and stored away from ammunition.
- If you are worried about violence in your home, please speak with your doctor or contact the National Domestic Violence Hotline at **1-800-799-SAFE (1-800-799-7233)** or **ndvh.org**.
- Keep the Poison Control Hotline posted on your refrigerator: **1-800-222-1222**.

DISCIPLINE

Your child is exploring the world and curious about everything. Make it easy for him or her to be good—make sure some parts of your home are safe for your child to explore freely. Remove dangerous objects and let him or her roam. Keep setting the same limits, and say, “No,” when your child does something dangerous or hostile. However, if you use “no” all day long, it will lose its meaning. Smile and praise your child when he or

she does something well. When your child does something he or she should not do, such as stand on a chair, teach your child the right way to act—say, “Chairs are for sitting,” while helping him or her to sit down.

SLEEP

By now your child should sleep through the night and take one or two naps during the day. He or she should not feed at night, and you should have a regular and pleasant bedtime routine. It is common for travel or illness to change the routine. But children who are used to a set routine often return back to their normal patterns quickly.

FOCUS ON FAMILY

- Postpartum depression can happen at any time during the first year. While postpartum blues are common during the first few weeks, they usually get better. If moms feel sad, anxious or depressed beyond this time, they should seek help and talk with their doctor. You can find more information online at **postpartum.net**.
- Spend time together as a family—a picnic in the backyard or a trip to the zoo can be a lot of fun. Your child does not need pricey classes—just time with you.
- Think about going on a family vacation. Talk with your doctor if you will be going to another country.

PROMOTING DEVELOPMENT

- Read to your child every day. Children at this age like board books with large pictures.
- Avoid baby talk with your child. Speak to him or her like you speak to other adults and expect that he or she will understand you.
- Your child is trying to do more on his or her own, which can be hard for you. Let your child struggle a bit to do tasks on his or her own but be sure to keep your child safe.
- Do not forget about your child's dental health. Brush his or her teeth with water or toothpaste without fluoride twice a day.

ADDITIONAL RESOURCES

- American Academy of Pediatrics: **aap.org**; American Academy of Family Physicians: **aafp.org**; Immunization information: **immunize.org**, **cdc.gov/vaccines**, **vaccine.chop.edu**, **familydoctor.org** and **vaccineinformation.org**
- Suggested reading:
 - *Caring for Your Baby and Young Child: Birth to Age Five* by American Academy of Pediatrics, Stephen Shelov, M.D.
 - *Child of Mine: Feeding with Love and Good Sense* by Ellyn Satter
 - *Healthy Sleep Habits, Happy Child* by Marc Weissbluth
 - *Positive Discipline A–Z: From Toddlers to Teens, 1001 Solutions to Everyday Parenting Problems* by Jane Nelsen, et al.
 - *Your Baby and Child: From Birth to Age Five* by Penelope Leach
 - *Your One Year Old: The Fun Loving, Fussy 12–24 Month Old* by Louise Ames
- Other books are available at **aap.org/bookstore**.