



THE TWELVE MONTH OLD

DEVELOPMENT

- Takes first steps, likes to climb and falls frequently, waves bye
- Uses a cup fairly well and starts using a spoon
- Has definite moods and can be negative for no reason
- Follows simple commands
- Receptive language is ahead of expressive language. They understand more than they can say.

EATING

There is usually a drop in appetite near age one. This is normal and not a reason for worry. Table food is denser than pureed food so less volume is needed for the same calories. Give only nutritious food due to the small amount that is usually eaten. Do not give candy, chips, soft drinks, and rarely give "dessert" foods. Five small meals work better than three large meals. This is not the time to push for good table manners.... independent eating is more important.

1. Let your baby feed himself or herself. When feeding him or her with a spoon, also give him or her a spoon to try to use. Put food on the spoon.
2. Use finger foods when possible and make servings small (soft cooked vegetable, beans, fruit, bread, noodles, cheese).
3. He or she must sit when eating to prevent choking. Cut round food like grapes or hot dogs in half.
4. Do not let your baby fill up on milk by sipping on a bottle or nursing all day. This is a good time to discontinue the use of the bottle or nurse only 2-3 times a day, hopefully not at night.
5. An easy way to transition off the bottle....put only formula or breastmilk in the bottle and only whole milk in a cup. As your baby takes more milk from the cup, he or she will transition off formula and the bottle at the same time. If he or she has teeth, always brush his or her teeth before bedtime. Milk, breastmilk, and juice on the teeth cause decay during sleep.

PLAY

At this age, babies are active and on the go all the time. They like to play in water (tub, sink, or the hose) but need supervision in all of these areas. Watch out.... they love to put things in the toilet bowl! They like soft, cuddly toys such as dolls and teddy bears. They like to help with work: dusting, washing dishes, picking up, and sweeping. Push-pull toys are fun (a wagon to put things in or push toys on a stick). They like to throw and roll balls. This age delights in being outside – finding small rocks to carry or throw, dirt, sand and mud, and "chasing pets." Take a slow walk in the woods with your child and watch what he or she can discover. Show him or her how some tree bark is "smooth" and some is "rough", some leaves are "round" and some are "pointy", rocks "splash" in the water, and frogs "jump". READ LOTS OF BOOKS.

SAFETY – POISON CONTROL 1-800-222-1222

Do not leave your child alone in the house, bathtub, or yard. A mobile one-year-old can get into danger very quickly in garages, near streets, around water, or other kids. Check your kitchen and bathrooms for knives, scissors, cleaners, and medicine that your child could reach. Your active, inquisitive but mildly uncoordinated one year old will have frequent bumps and falls; most are medically insignificant. If swelling develops, use a cold compress (if possible). Seek medical advice if your child is unconscious, has more than two episodes of vomiting (after a fall), is excessively sleepy, or has a change in coordination.

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DISCIPLINE

You need to set limits because your child cannot control himself yet. Remember, the word “discipline” means teaching, not “punishment”. Try removing your child from the scene or remove the object of concern instead of spanking. Verbally and with your actions, show him or her an alternative but similar activity that he or she would enjoy. Be careful not to say “no” all day long. Save it for the important times so he or she will listen when it counts. Instead of saying “no” to your child, give information to him or her in order to facilitate learning. For example, if your child is standing in a chair where he might fall, instead of yelling, “No, get down,” say, “chairs are for sitting, the floor is for standing.” At the same time, sit him in the chair or stand him on the floor to reinforce your words. Be consistent. The key to discipline is not punishment, but repeating the same information and reward. Smile and praise your child when he or she does something right. Hitting a child (spanking), just like hitting an adult is never acceptable. Temper tantrums come from your child trying to have some independence and control and losing both. Some parents find ignoring the tantrum works best. You may need to walk away from your child or place him or her in a room alone for a couple of minutes. Yelling, spanking, or throwing a tantrum yourself is not helpful. An occasional temper tantrum (for your child) is a sign of normal development and developing independent thinking.

NEXT CHECK UP IS AT 15 MONTHS OLD.