

## DUNWOODY PEDIATRICS

### INFANT CARE FROM AGE 12 TO 15 MONTHS

Date \_\_\_\_\_

Weight \_\_\_\_\_ Percentile \_\_\_\_\_ Head circumference \_\_\_\_\_ Percentile \_\_\_\_\_

Height \_\_\_\_\_ Percentile \_\_\_\_\_

Immunizations received today: Dtap \_\_\_\_\_ Polio \_\_\_\_\_ MMR \_\_\_\_\_ Prevnar \_\_\_\_\_

Hepatitis A \_\_\_\_\_ Hepatitis B \_\_\_\_\_ Hib \_\_\_\_\_ Varicella \_\_\_\_\_

#### NUTRITION

◆ **Milk:** Stop formula and offer whole milk, 2-3 servings a day (6-8 oz. per serving). One ounce of cheese is equivalent to 6 oz. of milk.

◆ **Meats:** Bite-size pieces of hamburger, chicken, turkey, beef, fish or pork. Meat substitutes include: cheese, pinto beans, egg (scrambled or boiled pieces), or creamy peanut butter.

◆ **Fruits/Vegetables:** 2 servings of each a day, serving size = 1/2 cup fresh fruit. Vegetables should be soft and steamed without added spices. Fresh vegetables are best, but frozen are better than canned. Try to pick foods high in vitamin A: cantaloupe, carrots, squash, spinach, sweet potatoes and vitamin C: broccoli, spinach, cantaloupe, oranges, and strawberries.

◆ **Breads/Cereals:** 2-3 servings per day (1/4-1/3 cup of cereal, rice, pasta or pieces of potatoes).

- Your child should be weaned from a bottle to a cup over the next 3 months. To wean, offer the cup one feeding per day, increasing its use until your child is completely weaned from the bottle.
- Avoid choking hazards, (e.g. nuts, raw vegetables, popcorn, hard candy/gum, whole hot dogs, whole grapes), highly spiced and deep fat-fried foods.
- Mealtime should be quiet with minimal excitement, with your child seated and supervised.
- A decrease in appetite, fussy or picky eaters are all normal at this time, so do not force them to eat. Offer alternatives but **only** nutritious ones

#### SLEEPING

Your child may not need a morning nap, but will continue to take an afternoon nap. Night time awakening can reoccur and usually is from separation anxiety, teething or nightmares. If he/she awake, check on safety, comfort, have as little interaction as possible, and quickly leave the room. Regular sleep patterns will resume within a few weeks. Try starting another routine, brush teeth, read stories, cuddle, and kiss good night. The objective is to be consistent.

#### ELIMINATION

Bowel patterns may begin to become more predictable. At this age they are not ready for potty training, yet.

#### DEVELOPMENT/PLAY

Your child can or soon will: cruise/walk alone (but frequently fall), climb, babble, say 2-3 words besides mama and dada, hold a cup, pick up small objects with index finger and thumb, try to stack blocks. They are active, constantly on-the-go (no wonder you are tired!), love to explore and be independent, but will still need to be watched constantly. Good choices of games and toys include: blocks for stacking, naming body parts, push-pull toys, balls, and a toy telephone. Books with textures and different objects (large button, snap, zipper), increase fine motor skills as well as vocabulary. Speak to your child in an adult voice, avoid 'baby-talk'. Their development may occur faster in some areas than others. For instance, they may walk at 10 months but only say 1-2 words; or say 15 words but only be crawling. Both are normal, reflecting their individuality.

### **DISCIPLINE**

This is a way of teaching them to gain self-control, respect other's rights, and learn rules. Providing limits on behavior keeps them safe due to their increasing mobility. Most 1 year olds understand the word "No", but you must be consistent: i.e. "No" means "No" for the same thing every day. Do not be surprised if your child says "No" back to you. Anticipate problems by moving breakable objects out of reach instead of always saying "No". Ignore temper tantrums due to frustration. If your toddler breaks a rule, remove them from the area and encourage another activity. Avoid slapping the hand or spanking. Remember praise/positive reinforcement when they are playing/behaving well.

### **SAFETY**

- Poisonings are frequent at this age. Keep all detergents, soaps, cleaners and medicines locked up and out of reach. Keep the **Poison Control** number (**404/616-9000**) by your phone, in your cell phone and provide to all caretakers.
- Burns - Turn the handles of pots and skillets away from the stove's edge. Do not leave hot liquids on countertops.
- Watch that your child does not poke things in electrical sockets or chew on wires.
- Use gates on all stairways: secure doors leading to stairways and driveways.
- Never leave your child alone in the bathtub or by a pool.
- Always use an approved car seat. At 12 months and 20 lbs, turn carseat to face front. Move seat into upright position, adjust shoulder straps to be at top of harness slots, and secure seat belt through carseat.

***Your child's next well visit should be at 15 months.***

### **Additional Resources for Parents**

Your One Year Old, Ames and Ilg (1983)

Caring for Your Baby and Young Child: Birth to Age 5 (4<sup>th</sup> ed.), AAP (2004)

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