

## **PARENT INFORMATION SHEET FOR 12 MONTH-OLDS**

### **VACCINES:**

- \* Varicella Zoster virus (VZV, or “chickenpox”). This is not needed if your child already had chickenpox disease.
- \* Measles, Mumps, and Rubella (or “German Measles”) viruses (MMR). A combination vaccine including MMR and Varicella vaccine exists and is sometimes used.
- \* Pneumococcus bacteria (PCV-13). This germ causes severe infections like meningitis, pneumonia, and blood infections, as well as more common ones like ear infections.
  
- \* Most children do not get serious side effects from the vaccines. If side effects occur they are usually mild. Fever and discomfort at the injection site are common. Acetaminophen (Tylenol and other brands) can help. Some children may get a rash after these vaccines. If you have concerns, please call us.
  
- \* Household members living with infants are strongly encouraged to receive the flu and whooping cough vaccines. Please contact your primary care provider.

### **SCREENING TESTS:**

Tuberculosis skin test (for “TB” – also called the “PPD test”). This is only done for certain children who may be at higher risk of TB.

### **DEVELOPMENT and PARENTING TIPS:**

*Your baby is becoming a toddler!! Congratulations!!*

Here are some developmental milestones and parenting tips for typical one year old toddlers:

#### *Speech/language:*

- \* One year old toddlers understand simple commands and statements that you make.
- \* Toddlers of this age babble a lot; say Mama and Dada (or Papa) to the right person; some may know a few other words.
- \* In the next few months, by 15 months of age, nearly all toddlers will address parents appropriately as Mama or Dada/Papa. Many will begin to understand more simple commands and maybe learn some more words.

#### *Physical ability:*

- \* Most one year old toddlers can stand up by pulling on something and can take steps while holding on to something. This is called “cruising.” Many toddlers, but not all, are starting to walk alone now.
- \* Your toddler should be able to feed him- or herself using fingers and should be starting to use a cup and a spoon.
- \* In the next few months, by 15 months of age, most toddlers will walk independently and be able to climb stairs while holding a hand or railing. Your toddler will develop better finger control and begin to be able to feed him- or herself with a spoon or scribble with a pencil or crayon.

#### *Social/play:*

- \* Most one year olds love to play peek-a-boo. This actually teaches an important skill: learning that objects still exist even when you can’t see them. Make sure to play pat-a-cake, wave “bye-bye,” and blow kisses, too!
- \* Toddlers love picture books! They enjoy looking at books and pointing to objects as you describe the picture. This should become a fun and important part of the bedtime routine (after tooth brushing).
- \* In the next few months, most toddlers start to become more social and may enjoy more physical play, like going to a playground. Toddlers also learn by copying or mimicking behaviors that they see around them, especially things around the house like playing with pots and pans or safe kitchen utensils.

#### *Behavior:*

- \* Your new toddler will become more independent and love to explore. In this way he or she will test you to see what behaviors you will tolerate.
- \* Setting limits consistently is very important. When your toddler is misbehaving, try distracting him/her with something he/she likes. Be consistent but flexible. Let your toddler make choices within the limits or rules that you set.
- \* Toddlers love being praised!! Saying things like “Yeah! That’s great!” or “You did it!” can reinforce good behavior and accomplishments.
- \* In the next few months, your toddler may continue to be shy around strangers and when separated from you. It helps to expose your toddler to new environments and people while still with you. At the same time, toddlers start to want to do things for themselves and often will say “no.” Remember to be consistent, set limits, praise good behavior, and correct bad behavior or offer a distraction away from bad behavior.

## **NUTRITION and EATING BEHAVIORS:**

- \* After the first year, toddlers do not need formula. It's time to change to whole milk (not skim, 1%, or 2% unless your doctor says so).
- \* Avoid juice: one cup per day is enough. At other times give milk or water in a cup or sippy cup. No more bottles.
- \* Sleeping with a bottle (or cup) of formula, milk, or juice will cause cavities in your child's teeth and prevent him or her from learning to sleep through the night. No more bottles.
- \* At this point, your child can eat most foods. Try to serve your child the same foods that you eat. (Toddlers learn by imitating what they see around them). Avoid making separate meals for your toddler.
- \* Make sure your toddler is sitting at the table with the family for meals and learning to use a spoon and fork.
- \* In the next few months your child may seem not to be eating enough. Don't worry as long as the child's growth is good! Toddlers grow slower than infants. Nutrition in the second year is about QUALITY, not QUANTITY. If you haven't already stopped using baby bottles, do so now. Often stopping the bottle all at once works better than trying to slowly decrease their use. You may need to offer something in place of the bottle - sitting with your child while she drinks from the cup is often helpful.

## **HYGIENE:**

- \* You should be brushing your toddler's teeth before bed. Ideally, start trying to brush after breakfast too. You can brush with just water or start using a tiny amount of fluoride toothpaste once daily. If you have any concerns about your child's teeth, consider taking him/her to see a dentist.
- \* Drink your tap water! Most of the towns in our area have clean and safe tap water that comes from state reservoirs. This water contains fluoride to make your teeth strong. If you're not sure about your town's water supply or whether it has fluoride, ask your child's doctor. Bottled water usually is NOT necessary.

## **SAFETY ISSUES:**

- \* Always have a mature adult supervising your child.
- \* Never leave your toddler unattended in or near water, even the bathtub.
- \* Avoid choking hazards. Anything that can fit through a roll of toilet paper is too small for a toddler to play with.
- \* Keep all medicines, poisons, and cleaning supplies stored in an upper, locked cabinet.

**>>>POISON CONTROL CENTER: 1-800-222-1222<<<**

(Call this number if your child eats something that might be toxic.)

- \* Always use a car seat. It is recommended that infants and toddlers should face the rear of the car until two years of age if possible. When facing forward, use a toddler car seat only. The middle of the back seat is the safest location. Babies and young children should ALWAYS ride in the back seat.
- \* Well-fitting safety gates on all stairways will prevent falls.
- \* You can prevent falls by putting window guards on upper story windows that can be reached by your child. Avoid putting beds or sofas next to windows on upper floors. Remember: KIDS CAN'T FLY.
- \* Find out if there are lead hazards in your home. If you rent an apartment, your landlord should know. Ask your child's doctor or nurse if you have questions about this.
- \* No smoking in the house! We strongly encourage parents who smoke to try to quit. Even the smoke on your clothes, hair, and breath can affect your child. Ask us for information on how to quit.

**NEXT VISIT:** age 15 months

## **WANT MORE INFORMATION?**

**The internet can be an excellent source of information on child health and development. Be sure that the websites you visit are reputable! If you have questions, please ask us.**

### **Need help with breastfeeding?**

Meet with a lactation consultant and other breastfeeding mothers at the Cambridge Health Alliance Breastfeeding Support Drop-in Program, located at 8 Camelia Avenue in the Cambridge Hospital driveway. Tuesdays and Thursdays from 10AM to 12PM. No appointment is necessary!

More information is available from these sources:

Zipmilk	<a href="http://www.zipmilk.org">www.zipmilk.org</a>
Massachusetts WIC Nutrition Program	(800) 942-1007
La Leche League	(800) LA LECHE

Nursing Mothers' Council (617) 244-5102

Massachusetts Breastfeeding Coalition [www.massbfc.org](http://www.massbfc.org)

International Lactation Consultant Association [www.ilca.org](http://www.ilca.org)

National Women's Health Information Center (800) 994-9662

**Check out *Bright Futures* parent information from the American Academy of Pediatrics at:**

<http://brightfutures.aap.org/pdfs/Other%203/B.ECh.PH.12month.pdf>

**Check out *Healthy Children* parent information from the American Academy of Pediatrics at:**

[www.healthychildren.org](http://www.healthychildren.org)

**Find more information and tools on our CHA website page for parent resources at:**

[Http://www.challiance.org/Services/PediatricsResourcesforParents.aspx](http://www.challiance.org/Services/PediatricsResourcesforParents.aspx)

**Find us on Facebook at:**

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