



## Well care education- 12 month old

- **DEVELOPMENT:**
  - Your baby should be saying “mama” or “dada” or another special name, understands “no”, and waves “bye-bye.” And should play games with you, like pat-a-cake and peek-a-boo.
  - He/she pulls to stand, walking or cruising, holding on to furniture and drinks from a cup without a lid as you hold it. Picks things up between thumb and pointer finger, like small bits of food. Puts something in a container, like a block in a cup.
  
- **EMERGENCIES:**
  - A word on fever: fever by itself is NOT dangerous. However, if your child is lethargic, inconsolable despite giving medications, having difficulty breathing, vomiting a lot or does not respond well to a single dose of acetaminophen or ibuprofen, please call. Also, if your child has a fever >5 days, please call us.
  - If your child ingests something that they should not have, please call **Poison Control at 1-800-222-1222**
  
- **SKIN CARE:**
  - Please apply sunscreen to your child if he/she will be in the sun for >20 minutes. Reapply sunscreen every 1-2 hours. Remember that one bad sunburn before the age of 18 will double his/her risk of skin cancer.
  
- **ORAL CARE:**
  - Please brush your baby’s teeth with a soft bristle toothbrush twice a day. If their drinking water does not contain fluoride, please use toothpaste that DOES have fluoride in it, but only use an amount the size of a grain of rice once a day.
  - Take your child for a first dental visit by 12 months.
  
- **SLEEP:**
  - Your baby should be sleeping about 14 hours per day with 10-12 of those hours occurring as nighttime sleep. He/she should no longer be waking up at night, especially to feed. If you have not already done so, please consider starting sleep training.
  
- **CAR RESTRAINTS:**
  - Your baby’s car seat should remain in the backseat facing the rear of your vehicle until he/she is 40lbs, however, should remain rear facing until outgrows car seat parameters or is 4 years old.
  
- **VACCINES:**
  - Today, your child will receive vaccines, including their first LIVE VACCINATIONS. The most common reaction is a fever within 48 hours of vaccine administration, however, can spike fever >102.5 in approximately 7 days, and some patients produce a diffuse faint, red rash. Over the next week, please avoid exposure to young infants or persons with depressed immune systems. PLEASE LET YOUR PROVIDER KNOW PRIOR TO

VACCINES IF SOMEONE IN YOUR FAMILY IS ON CHEMO-THERAPY OR IMMUNE SUPPRESSANTS. Please refer to handout for further information.

- **SAFETY:**

- Lock away medications, cleaning, and lawn supplies. Call **Poison Control Help: 1-800-222-1222**, if you are worried that your child has eaten something harmful.
- Place gates at the top and bottom of stairs and lock windows on the 2<sup>nd</sup> and higher floors.
- Always supervise your baby while in the pool or water related activities. Never leave your baby in the bath alone even for a second. If you baby goes missing, always look in the water first, even if doors are locked and pool fence is up.

- **NUTRITION:**

- Your baby should not drink more than 12-24 oz of whole milk/day. Too much milk can lead to iron deficiency anemia, constipation and picky eating.
- Avoid giving your child large food pieces such as carrots, celery, popcorn, nuts, seeds, hotdogs, or whole grapes that may cause choking.
- **PLEASE AVOID GIVING YOUR CHILD JUICE UNLESS INSTRUCTED TO DO SO BY THE PEDIATRICIAN** (for constipation).
- Transition from the bottle and pacifier. Offer cups with straws and/or other sippy-cups

- **USEFUL WEBSITES:**

- Healthychildren.org
- Chop.edu/primary-care/well-child-visits-what-expect
- <https://www.cpsc.gov/safety-education/safety-guides/kids-and-babies/Childproofing-Your-Home>
- [www.Mahoneypeds.com](http://www.Mahoneypeds.com) for dosing of motrin and Tylenol
- **Firearm** safety: <https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Handguns-in-the-Home.aspx>

## Keep the "safe" in firearm safety

Hiding a gun is not enough! Kids are curious, and studies show they usually know where a family keeps a gun.

Gun safes can lower the risk a curious child will be hurt:



Safe or lockbox for handguns



Locked gun safe for rifles



Gun trigger locks— inexpensive and effective



Lock box for ammo