



A Newsletter for Parents

# 12 Month Check Up

Well Child Appointments can be made online at [AustinRegionalClinic.com](http://AustinRegionalClinic.com).



Your baby's length, weight, head size, along with health screens and immunizations performed will be in the **After Visit Summary (AVS)** that your baby's provider or nurse will give you at the end of the visit. You can also view this information on [MyChartARC.com](http://MyChartARC.com)

## NUTRITION

This is an exciting time for your child and your family. You will see many changes and growing independence in your child over the next year. Your child will transition from formula or breast milk to cow's milk given in a cup and, if not already, they will be feeding themselves soon.



Children grow more slowly from ages 1 to 5 years than during the first 12 months of life. Between 12 months and 2 years of age, most babies only gain 5 to 6 pounds.

**Expect that your child's appetite may decrease.** Children's appetites change a lot from day to day and even from meal to meal. If your child is energetic and growing, he is probably eating enough. Your doctor will continue monitoring your child's growth during the well child checks.

Between ages 1 and 2, children begin developing a sense of independence. Part of this process of growing up and becoming independent may include picky eating. **Picky eating and food refusals (or food jags—liking something one day and not the next) are typical behaviors and a normal part of your child's development. As parents we need to avoid falling into a pattern of offering only what the child "likes" or offering less nutritious alternative foods because your child refuses what is offered to them.** The following recommendations below may help you during this period.

- **Structure and predictability:** Children thrive with routines. Set a schedule of 3 meals and 2 to 3 snacks per day, with limited snacking in between. With set times for meals and snacks you can avoid your child eating, or grazing, throughout the day. Grazing can lead to an unhealthy eating pattern.
- **Remember snack time is *not* treat time.** The most popular snack choices among toddlers and preschoolers are crackers, cookies, and candy. Children's stomachs are small, and they will not eat very much at each meal. Snacks should, therefore, be thought of as "mini-meals." Fruits, vegetables, and protein (eggs, cheese, yogurt, or mashed beans) are better snack choices for your child. Sweets can be part of a healthy diet, but they should be thought of as an occasional treat and not a daily part of their diets.
- **Parents provide and the child decides.** As a parent, our job is to provide optimal nutrition for our child. Parents are responsible for what the family eats, when the family eats, and where the family eats. Your **child's job is to decide how much of the correct portion to eat.** Children are responsible for whether they eat what is offered or wait until the next meal/snack.
- **Model healthy eating.** By 1 year of age children are eating foods that reflect their family's preferences. A recent study of toddler diets found that the table foods to which they transitioned reflect the same problem areas seen in the diets of older children and adults. Approximately 65% to 70% of 1- to 2-year-olds eat dessert, ice cream, or candy once a day. Thirty to 50% of toddlers drink sweetened beverages daily and fewer than 10% of 1- to 2-year-olds eat a dark green vegetable a day.
  - Parents are the most important role model for their children. If your goal is to teach your child to eat fruits and vegetables, then you must model



Austin Regional Clinic

### Online Access: Day or Night

- View your child's medical records.
- Book your child's next appointment.
- Review your child's AVS (After Visit Summary)

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this for them. Your child will see you eat and enjoy the foods that you are encouraging them to eat. **Eating together promotes healthy nutritious habits, so sit down for family meals daily.**



- Use the MyPlate visual diagram to include all 5 food groups in your child's diet. For the 3 meals of the day, try to **make half their plate fruits and vegetables. Try to also make at least half of your child's grains whole grains.** Remember: it can take up to 10-20 times of presenting a vegetable before a child will eat it. Never force a child to eat a vegetable—this will just create a battle and control issue— and try not to reward a child eating their vegetables with dessert. Remember: **THE CHILD DECIDES** how much to eat. **PARENTS** decide to keep offering it to them.

For more information and tips please visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov).



**5-2-1-0:** Remember this message, DAILY, to help promote a healthy lifestyle for your child:

- **5:** Serve your child at least 5 servings of fruits and vegetables per day
- **2:** **The American Academy of Pediatrics recommends no screen time (TV, video games, recreational computer time, iPad, iPhones) per day for children less than 2 years of age.** 39% of families with children this age have the TV on constantly. Research indicates this can disrupt play and activity levels for young children and interferes with language development. By age 3, 30% of children have a television in their bedrooms. The most common reason parents put televisions in bedrooms is as a sleep aid, but quite the contrary, **televisions in bedrooms actually disrupt sleep. We recommend that you keep televisions out of your child's bedroom.**
- **1:** Provide at least 1 hour of physical activity for your child per day. At this age, the most enjoyable way to encourage this is to just let your child have supervised outdoor play. Limit your use of objects like a stroller that keep your toddler inactive.
- **0:** Give your child **almost no** sugared beverages (soda, sports drinks, fruits drinks, and even 100% juice). Water and milk are the best drinks for your child. **Most children transition from breastmilk or formula to whole milk at 1 year of age. Your doctor will inform you if a lower fat milk or other milk alternative is recommended for your child.** Your child should drink 12-16 ounces a day of milk. **Do not exceed 24 ounces of milk in a day.** Excessive milk intake can lead to anemia and decreased appetite. The American Academy of Pediatrics recommends limiting the amount of 100% juice in your child's diet to no more than 4 ounces (1/2 cup). If your child does not get juice every day...even better!

**It's time to discontinue the bottle. Offer your child all drinks in a cup.** Prolonged bottle use can cause cavities. One way to help wean off the bottle is to put only water in the bottle so your child will lose interest. Sippy-cups (cups with a lid and spout) can also cause cavities if you allow your child to use them all day long. Save them for meal and snack time. Cups with straws will reduce exposure of your child's teeth to the beverage as your child drinks.

## Iron-Containing Foods and Anemia Prevention:

Now that your toddler is entering their second year, they will depend on their table foods for iron. Red meats, poultry, and fish all provide iron that is easy to absorb. Green leafy vegetables, dried fruit, and beans also supply iron, but in a form that is not as easily absorbed.

If your child is not a meat-eater or you have concern about your child's iron intake, don't hesitate to give a daily supplemental vitamin with iron, such as Poly-vi-sol with iron or NovaFerrum with iron. Half a cup a day of infant cereal is another way to provide iron supplementation to your toddler. The infant cereals are more iron-rich than regular cereals.

## DEVELOPMENT



### Social/Emotional

The next year can also be a difficult age for your child. They have growing independence with movement while at the same time lack the words to negotiate their world. They have large swings in their mood between clinging to you and their typical routines and being frustrated by their lack of independence. Because of all these changes, tantrums are common at this age. Here are a few tips to minimize these tantrums.

Your child is most likely to listen to your occasional corrections when you keep most of your comments positive. However, don't feel that if your child has tantrums more than another child that you aren't a good parent. Every child has different needs and temperaments.

- Try hard to pay attention to them when they are doing things you want them to do. They often need just a few seconds of your attention every 2-3 minutes. For example, a simple comment on their behavior helps reinforce it. You might notice: "you took the blocks out of the box." Then return to what you were doing.
- Wherever possible, correct minor things by redirecting. For example, "You can bang on the couch with your sticks but not the cabinet."

- Playing with your child for just 5 minutes will go a long way, especially right after getting home from work or after an errand. When playing with your children, let them pick the toy and lead the play. It's tempting to tell your children what to do or ask a lot of questions, but it is best not to do that. Try instead to just describe what your child is doing ("You are working so hard to empty out your bucket.").
- Store things out of their reach that you don't allow them to play with. Remotes, phones, and permanent markers are just too tempting.
- Avoid tantrums by having regular mealtimes and sleep times. Most parents have already discovered that their child is more likely to have a tantrum when they are tired or hungry.
- Know your child's limits. Obviously, some days are harder than others. Sometimes we don't get to finish the to-do list.

During a tantrum, there are only a few times that you need to intervene. If your child could hurt themselves or is hitting or biting, then you need to move them to a safe place. In those times you might have to give a hug from behind to prevent harm to you or someone else. Or you might place them in a play-yard or playpen for a short 30-60 second cool down.

If there is not hitting, biting or concerns for their safety, then allow them to "blow off their steam." Each child learns to self-soothe at a different rate but mastering this is a life lesson we all need to know. Each time they tantrum and then soothe themselves, they are practicing this skill of calming themselves. Do not give in to the tantrum and do not bribe them to stop their crying. This will only encourage them to tantrum more often and longer.

### Cognitive/Learning

You will notice how hard your toddler concentrates during play. Your child is constantly gathering information about how things work. They are learning to make decisions and find solutions for play-related problems. They are constantly exploring their world and checking for your response to their actions. It may be difficult for you to judge exactly what your child will enjoy most at this age, but it's not hard for them to decide. Provide a range of activities, and your child will select the ones that are challenging but not completely beyond their abilities.

**Children need to be read to every day.** At this age some enjoy sitting and some are too busy to sit for long. Allow them to pick their favorite book (even if you have read it countless times). Read out loud to them, and discuss what you are seeing in the pictures.

Point out the objects on the page that they already know (eg. ball, dog) and things that they don't yet know. Most children this age enjoy turning the pages of cardboard books themselves, and this job often keeps their interest a few minutes more.

## Language/Speech

You have probably noticed that your toddler is now understanding more of what you say. This understanding is a giant leap in language development. Start using less baby talk. Speak clearly to your toddler.

- While you talk with your child, use lots of single, labeling words. eg. ball, brush.
- Their first words are more likely to be parts of the whole words, rather than well-pronounced, whole words. Add to the words your child starts. For example, if your toddler says "baba." You might respond, "You are right; you got the ball."

## Gross Motor (Movement) Skills

Most children are able to move around a room at this age. For some, they are still holding onto furniture while others are taking independent steps. If your child is not walking yet, they should be within the next 6 months.

If your child is walking, their balance is likely still developing. Your toddler will fall and fall and fall. Even turning corners is not easy at first. Watch your child carefully, especially around stairs.



### Early Childhood Intervention (ECI) Programs:

If you believe that your child is delayed or has a condition that could lead to delays, please ask your doctor to refer you.

You may also call **1-800-628-5115** or visit the ECI website at **[dars.state.tx.us/ecis](http://dars.state.tx.us/ecis)** for the ECI program closest to you.

## Fine Motor Skills (hands & fingers)

Most 12 month old children have mastered the two-finger pincer grasp over the last few months. After that your toddler's ability to manipulate small objects will improve dramatically. By manipulating small objects he will learn spatial relationships such as in, on, under, and around.



## Sleep

Most 12 month olds sleep around 11-12 hours overnight and have 1-2 naps for a total of 13-14 hours of sleep in a 24 hour day.

Tips to Prevent Sleep Problems:

- Have a soothing bedtime routine such as bath, tooth brushing, bedtime story, and saying goodnight to family and favorite objects. Any late evening breastfeeding or bottle should happen before this bedtime routine.
- Your baby should be able to fall asleep without your help. Place your baby in the crib awake but drowsy.
- Make middle of the night contacts brief and boring. Your baby should not need middle of the night feedings at this age. If your child stirs and seems to awaken during the night, don't rush in. Wait some minutes to allow them to settle back to sleep.
- If you want to read more about sleep problems, we recommend [Solve Your Child's Sleep Problems](#) by Richard Ferber, [Healthy Sleep Habits, Happy Child](#) by Marc Weissbluth, or [Sleep: What Every Parent Needs to Know](#) by the American Academy of Pediatrics.

## Dental Care

- As soon as teeth begin to erupt, start brushing twice daily using a toothpaste with fluoride and a soft small toothbrush. Use a small smear of toothpaste (the size of a grain of rice) to brush teeth of a child less than 2 years of age. Children are encouraged to see a dentist within 6 months after the eruption of their 1st tooth.
- Children with Medicaid insurance can find a dentist by searching [www.tmhp.com](http://www.tmhp.com) or by calling 877-847-8377 (THSteps Hotline).

## SAFETY

**Injuries can be prevented.** Follow these steps to keep your child safe from the leading causes of death for toddlers. Also, watch more videos on how to protect your child on the YouTube channel **SafeKidsAustin** and **[www.safekids.org](http://www.safekids.org)**.

## Car Safety

Most injuries and deaths caused by car crashes can be prevented by the use of car seats every time your child is in the car.

- Make sure that your child is riding fastened securely in a car seat every time they ride in a car.
- **Keep your child in a rear-facing safety seat until at least 2 years of age** and, even better, until they reach the highest weight or height allowed for your car seat when it's facing toward the rear.
- Questions about how to install your car seat should be answered by a certified Child Passenger Safety Technician. You can find a Child Safety Technician closest to you by checking: **[seatcheck.org](http://seatcheck.org)** or **866-seatcheck (866-732-8243)**.
- Do not leave your child alone in the car. Death from excess heat may occur quickly.
- Before backing up at home, always walk behind your car to be sure that your child is not there. You may not see a small child if you only rely on your rear view mirror.

## Poisonings

Children continue to explore their world by putting everything in their mouths, even if it doesn't taste good. Your child can now open doors and drawers, take things apart, and open bottles easily. **You must use safety caps on all medicines and toxic household products.** Your child is now able to get into and on top of everything. Be sure and keep all household products and medicines completely out of sight and reach. Keep all products in their original containers. Liquid laundry and dishwasher packets can be deadly to your toddler. Keep them up - out of your child's reach. Liquid nicotine found in e-cigarettes or vapes can also easily poison your child. Just touching liquid nicotine can kill your baby. E-cigarettes are also dangerous because there are small parts and are easily opened by small hands. Keep them away from your child.

If your child does have contact with a possible poison, call the **Universal Poison Control Number, 1-800-222-1222**. Post this number on your refrigerator and add it to the contact list on your cell phones. In the case of convulsions, cessation of breathing or unconsciousness, call 911.

## Choking

Make sure food is always cut into small pieces and that small objects are kept out of your child's reach. Some of the more worrisome choking risks are coins, magnets, and button (circle) batteries. Don't feed your child hard pieces of food such as raw carrots. Remember no chips, popcorn, or nuts until your child can grind them with their back

teeth--after 4 years old. Circular foods can block your baby's airway and cause choking. Cut grapes and hot dogs into small pieces.

## Drowning

At this age children love to play in water.

- **Never leave your child alone** in or near any standing water, even for a moment. Empty all water out of tubs and buckets after each use. Keep bathroom doors shut. Your child can drown in less than 2 inches of water.
- **Always stay within an arm's length of your child around water.**
- **If you have a swimming pool, be sure that no child can enter without you knowing.** Fence it at all 4 sides with a fence at least 4 feet high, and be sure that the gates are self-closing and self-latching.
- **Stay alert at public pools.** Don't assume someone else is watching your child.

## Lead Poisoning

Children can be exposed to lead by living in older homes (older than 1978) that have lead-based paints or by a family member's jobs or hobbies. Lead in your child's body can lead to long-term struggles with school. There is a questionnaire your doctor will give you that can help us decide whether or not your child is at risk.

## Falls

As your child learns to walk and then climb, it is important to place gates on the top and bottom of stairways. Install window locks on all windows on the 2nd floor and higher. Also, remove or cushion any sharp edged furniture, just in case your child falls against it. Coffee tables and fireplaces seem to cause the most injuries. Make sure that your baby is strapped in properly at all times when in a stroller, high chair, or any other seats.



Forty children are taken to the emergency room daily in the U.S. with injuries due to a heavy piece of furniture falling on them. Nearly half of these incidents are caused by televisions. To help keep kids safe from furniture and TV tip-overs:

- All dressers, bookcases, entertainment units, TV stands and TVs need to be securely anchored, usually into a wall stud.

- Do not place televisions on top of furniture that is not designed for such use -- such as on dressers -- as they can tip over more easily.
- Remove items such as toys and remote controls from the top of televisions and furniture. These items may tempt children to climb the furniture or TV, which may cause a tip-over.
- Place electrical cords out of a child's reach, and teach kids not to play with the cords.

## Guns

If you have children, it is best to not have a gun in your home. Those who keep a gun in the home should follow these safety rules:

- Always keep the gun unloaded and locked up.
- Lock and store the bullets in a separate place.
- Make sure to hide the keys to the locked boxes.

## Burns

There are a number of ways that your child could be burned.

At this age children grab at everything. Never leave cups of hot drinks on tables or counter edges. Never carry hot liquids or food near your child or while holding your child. Do not let your child crawl or walk around stoves, wall or floor heaters or other hot appliances. Turn pot handles away from the stove's edge so they are out of reach. A safe place for your child while you're cooking, eating, or unable to provide full attention is a playpen, pack-n-play, highchair, or crib.

Because children are just learning to turn knobs, tub and faucet water can be a source of burns. Keep your home's water heater at 120 degrees.

Children are at greatest risk in house fires. Test the batteries on your smoke alarm once a month to be sure that they work. Use long-lasting batteries or change the batteries at least twice a year on dates that you'll remember, like the day that time changes for Daylight Saving and Standard Time. While you're checking your smoke alarm, we also recommend installing a carbon monoxide detector in your home, near your bedrooms. Carbon monoxide is particularly dangerous for infants and toddlers. Read more at [www.cdc.gov/co/faqs.htm](http://www.cdc.gov/co/faqs.htm).

## SUN EXPOSURE

Avoid the sun during the hours of 10am to 4pm. If outside, stay in the shade, use a floppy hat to protect your baby's face, and use a sunscreen that is approved for children. Sun exposure during childhood can cause skin cancer and premature aging of the skin.

## READING SUGGESTIONS AND RESOURCES

### Websites

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

American Academy of Pediatrics parenting website. Now available in Spanish.

#### [healthychildren.org/growinghealthy](http://healthychildren.org/growinghealthy)

Dynamic interactive website to help encourage healthy habits for children 0-5 years of age.

#### [vec.chop.edu](http://vec.chop.edu)

The Children's Hospital of Philadelphia Information on vaccines

#### [cdc.gov/vaccines/parents/index.html](http://cdc.gov/vaccines/parents/index.html)

National Immunization Program

#### [babybuffer.org](http://babybuffer.org)

Parenting web site

#### [aapd.org](http://aapd.org)

For information on caring for your child's teeth, you may visit the American Academy of Pediatric Dentistry's website. Also check out [www.ilikemyteeth.org](http://www.ilikemyteeth.org) for more information on how fluoride protects your child's teeth.

#### [cdc.gov/parents/essentials](http://cdc.gov/parents/essentials)

Frustrated with discipline? This resource gives great how-to modules on parenting positively.

### Books

#### *Caring for Your Baby and Young Child, Revised Edition: Birth to Age 5*

The American Academy of Pediatrics

#### *Your Baby and Child: From Birth to Age 5*

Penelope Leach

#### *Toddler 411: Clear Answers and Smart Advice for Your Toddler*

Ari Brown, MD and Denise Fields

### 24-Hr Appointment Scheduling

visit [MyChartARC.com](http://MyChartARC.com) or [ARCAppointments.com](http://ARCAppointments.com)

### Same-Day & After Hours Care

call your ARC clinic and press "1"

### 24-Hr Phone Nurse

call your ARC clinic and press "4"

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