



1-YEAR VISIT

NUTRITION

- Discontinue formula now and start whole milk in a cup. Your 1-year old only needs 16-24 ounces of whole milk per day; less if you are breastfeeding.
- Feed your toddler a complete variety of table foods and aim to keep him/her on an “adult-type” schedule (3 meals a day + 2-3 healthy snacks).
- Have healthy snacks such as fresh fruit cut in small pieces, applesauce, cheese or small pieces of whole grain bread or crackers.
- Allow experimentation and do not force eating. It is normal to see a decreased appetite, picky eaters or favorite foods at this age.
- Serve meals and snacks on a regular schedule and at the table.
- Make mealtime pleasant, teach good manners and set a good example.
- Continue to give at least 2 servings of iron-fortified cereal or meat to ensure adequate iron intake.
- Juice is not recommended. If given, dilute it with water and limit to 4-6 ounces per day.
- No vitamins are needed unless prescribed by a health care provider.
- Avoid foods that can cause choking (nuts, popcorn, hot dogs, whole grapes, raisins, carrot sticks, whole beans, and hard candy).
- It is very important to take away the bottle at 1 year of age to avoid early dental cavities, and to start to eliminate pacifier use.

DEVELOPMENT

One-year-olds interact extensively with their environment. They can usually say 1-3 words and understand simple directions. They wave “bye-bye.” They will pull to stand and “cruise around” holding on to furniture. Some will walk (although some are more cautious and don’t want to let go). They play pat-a-cake, peek-a-boo, and like to imitate sounds. They love to point! Noisy toys that can be banged together are good for this age. Parents should talk, sing, and read interactively with their 1-year-old to stimulate language development. Opportunities should be created for safe exploration and physical activity.

SLEEP

A 1-year old should have 12-14 hours of sleep each day (naps included). Make sure your child has a comfort object to go to sleep with and let him/her fall asleep alone in the crib. **Make sure your toddler’s crib mattress is lowered so that he/she cannot easily climb out of the crib.**

SAFETY

- When giving liquid medicine, always use the dropper or syringe that comes with medication. If medication does not come with a dosing device, ask your pharmacist for one that should be used. Never use teaspoons, tablespoons, or other spoons to measure medicine.
- Infant car seats should continue to be rear-facing in the backseat of the car until the toddler has reached two years of age.
- Maintain a smoke-free environment at home and in the car.
- Make sure you have a working smoke detector and a CO2 monitor.
- Child-proof your home. Pay special attention to knives, cigarettes, alcohol, matches, poisons, medications, outlets, cords, guns and plastic bags.
- Check for hazards at baby’s level and put up gates & window guards.
- As your baby becomes more mobile, stabilize upright furniture.
- Watch your child constantly when around water (bathtub, play pools, toilet, buckets).
- Supervise very closely, especially around animals, driveways, and streets.
- Protect your toddler’s skin with a children’s sunscreen (minimum SPF 15) applied 30 minutes prior to exposure to the sun. Reapply every 1 ½ - 2 hours.
- It’s OK to use an insect repellent with up to 30% DEET, but apply it sparingly.
- Do NOT use combination sunscreen/bug spray, as sunscreen must be applied more often than is safe to use bug spray.
- Know your poison control number: **1.800.222.1222**

OTHER TIPS

- Digital media (TV, videos, video games, computers, tablets and smart phones) is not recommended for children under 18 - 24 months of age. However, parent assisted video-chatting (Skype, Facetime) with family and relatives may help foster social connections.
- Encourage self-care and self-quieting behavior.
- Brush your child’s teeth twice daily. Pediatric dentists encourage the first dental appointment and fluoride application by 12 months.
- Pacifiers should only be used for brief periods when needed for comfort and calming.

BEHAVIOR & DISCIPLINE

It may seem a little early to start thinking about discipline for your 1-year-old, but you most likely have noticed yourself saying “no” quite a bit in the past month or so. The more prepared you are for this challenge the easier it will be for you and your child. Some suggestions that may help you get started:

- Consistency is the most important ingredient of discipline. Always do what you say you are going to do. Consistent discipline should be followed by all of baby’s caregivers.
- Allow no hitting, biting, or harmful behavior at any age.
- Have a game plan - know how you are going to react when your child breaks the rules.

- Separate the child from the behavior (the child is good even when the behavior is bad).
- Be aware of your state of mind - discipline should ideally occur when you are not angry.

IMMUNIZATIONS/TESTS

Your child should receive some important immunizations today to protect against serious illness. About 25% of children have temporary symptoms following the administration of vaccines. If you think your child is having a reaction to a vaccine given today it is OK to give acetaminophen, but call our office with any temperature greater than 102° F. Please refer to the “Well Care & Immunizations” page of our website for more information about normal immunization reactions. A hemoglobin test (to check for anemia) and lead test are done at 12 months of age and your baby’s levels are on the front page.

Next Well Care Visit: 15 Months of Age (Please complete ASQ Developmental Screening prior to visit)

You may request the 14/16-Month Ages & Stages Developmental Questionnaire when scheduling your appointment.

APA Website: www.advancedpediatricassociates.com | APA Patient Care Line: 303.699.6200