

# 12 MONTH CHECK-UP

## TODDLER TIME!

Your infant is transitioning into a toddler!

### NUTRITION

Babies at this age will eat 3 meals and 2 to 3 snacks each day. Encourage your child to drink formula and juice from a cup now.

It's a good time to start weaning him from the bottle.

This is also a good time to introduce whole milk in his diet. You can transition him/her slowly by giving him a cup of whole milk in the morning and continuing with formula the rest of the day. Within a week, switch him to whole milk, not more than 20 oz/day. Your baby does not need juice, you can, however give up to 4 oz. per day for constipation.

You can introduce table foods, cut into small pieces at this time. Make sure you add foods from all groups of the food pyramid.

Your child will not grow as fast during the second year of life. Your toddler may eat less and get very picky. Trust his/her appetite.

Avoid high calorie snacks like cookies. Offer fruits, cheese or vegetables instead.

### DEVELOPMENT

By this age you baby will be:

- Able to walk with support or take steps on their own
- Say "mama" and "dada" while addressing their caretakers
- Bangs 2 blocks together
- Puts one block inside a cup
- Picks up stuff with pincer grasp
- Says a couple of words
- Imitates vocalization
- Plays "peek-a-boo"
- Speak in a conversational voice with your child.
- Encourage him to use his voice for all his needs.
- Continue to read books and talk a lot to your child.

### SLEEP

Your child needs 10 to 12 hours of uninterrupted sleep at nighttime with 2 or 3 naps during the day.

Some children might start to wake up more at this age due to their new found independence. **Do not restart the bottle as he is not hungry.**

Set a bedtime routine and try transitional objects to help him learn to self soothe and fall asleep on his own.



**LATA SHRIDHARAN  
MD, FAAP**

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## TODDLER TIME!

*Paste your child's picture here*



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Develop a bedtime routine like reading a book, singing a lullaby, turning the lights out, and giving a goodnight kiss. Make the routine the same every night.

### TEETHING

Teeth erupt anytime from 6 months to a year of age. Babies could have teething issues until 2 years of age. Massage their gums with your clean fingers or use OTC pain gels for relief. It is okay to give Tylenol or acetaminophen once in awhile. If your baby has any other symptoms, let your doctor know.

### SAFETY

Child-proof the home. Pad furniture with sharp corners. Keep sharp and small objects out of reach.

Do not give your baby foods which might cause choking (such as candy, hot dogs, popcorn, peanuts). Give food cut in small pieces

Check your smoke detector to make sure it is working.

Keep all electrical appliances out of the bathroom.

Turn your water heater down to 120°F (50°C).

Make sure windows are closed or have screens that cannot be pushed out.

Do not leave the baby alone, except in a crib. The rails should not be more than 2 and 3/8 inches apart.

Always use a car seat while travelling by car. The safest place for the baby is the back middle seat. The car seat can be facing the front if your baby is already 20 pounds. If you have been using the infant car seat, it's time to transition into a child car seat.

Never leave an infant or toddler in a bathtub alone, not even for a few seconds!

Be within arm's reach of your baby around any water, including toilets and buckets. Infants can drown in a bucket that has water in it.

Keep all medicines, vitamins, cleaning fluids, and other chemicals locked away. Poison Hotline: 1-800-222-1222

### IMMUNIZATION

Your baby will receive the following vaccines:

- MMR (measles mumps rubella)
- Varicella( chicken pox)
- Hep A (Hepatitis A)
- PCV 13 (Pneumococcal)

Vaccines can be combined depending on what is most appropriate for your baby.

He can get a fever with the shots and it is okay to give acetaminophen drops. There can be some redness or swelling at the site of the shots and a cool compress can help relieve the pain. Call back for any other unusual side effects.

**Thank you for letting us be a part of your child's life!**

*"Children are love made visible" – A Saying*