

Caring for your 12-month-old baby

Name _____ Weight _____ Height _____ Date _____

Keep Your Baby Safe

Use a Car Seat Install it properly in the back seat facing backward until your child is 20 pounds.

- Prevent Suffocation**
- Don't let your baby play with balloons or plastic bags.
 - Don't give your baby marbles or toys with small, removable parts (like buttons). Give him toys made for his age.

- Prevent Drowning**
- Don't leave your baby alone around water, buckets, the toilet or the bathtub.
 - Learn child cardiopulmonary resuscitation (CPR).
 - Empty buckets, tubs and small pools as soon as you are done using them.

- Prevent Burns**
- Protect your baby from sunburn. Use sunscreen.
 - Keep your baby away from hot stoves, fireplaces, irons, curling irons, and space heaters. Turn panhandles toward the back of the stove.
 - Set the water heater thermostat so that the water is not hotter than 120°F.

Prevent Poisoning

- Prevent Other Injuries**
- Tell your health care provider if you have peeling paint in your home.
 - Teach your baby caution around animals.
 - Make sure an adult is always watching him.
 - "Child-proof" your home (see our "[Child-Proofing Checklist](#)").
 - Make sure you have smoke detectors on your ceiling. Check twice a year to make sure they work.
 - **Never shake, toss or hit your baby.**

Provide Healthy Nutrition

- Feed your baby at family mealtimes. Give her 2 to 3 nutritious snacks per day. Nutritious snacks are low in fat and sugar and high in fiber (like most fruits).
- As much as possible, let your child feed himself.
- Offer her nutritious foods and let her decide how much to eat.
- Avoid foods that your child might choke on (nuts, hot dogs, popcorn, whole beans, chunks of raw carrot, celery or apple, whole grapes, hard candies, raisins, corn, or tough meat).

Practice Healthy Parenting and Care-giving

Make some time for your self each week by letting someone else care for your child.

Care for Yourself

Remember the Family

- Try to set aside special time for other important people in your life.
- Talk with your sex partner about birth control. Ask yourselves, “How many children can we care for?”

Encourage Healthy Development

- Encourage your toddler socially. Talk with him. Encourage him to explore and play with others. Don't let him watch television.
- Excite her sense of sight. Explore together outside.
- Encourage learning words. Read stories and rhymes with him.
- Help her be stronger and coordinated. Help her stand, walk along furniture, and walk by herself. Teach her to drink from a cup. Let her play with floating objects (like a plastic toy or lid) while you give her a bath.
- Never yell at your baby. Set limits by taking your toddler away from the situation that is creating a problem. Try to see and prevent problems before they occur.

Encourage Healthy Behaviors

- Praise your baby for healthy behavior.
- Help her learn to calm or quiet herself. A favorite toy, stuffed animal or blanket can help.
- Babies this age need structure. Create a schedule for his day and try to keep to it. Create daily routines. Help the family create a few rules that apply to everyone in the family. Enforce them consistently.
- Think of and use discipline as a way of teaching and protecting your toddler, not punishing him. Teach your child that hitting, biting and kicking others is not okay. Teach him that breaking things is not okay.

Encourage Self Care

- Your child needs a regular bedtime, and may need a nap each day.
- Help him sleep through the night in his own bed.
- Help her brush her teeth at least daily. Use a tiny amount of toothpaste with fluoride. Make her an appointment to see a dentist.

Prevent Sickness— Identify and Treat It Early

- Learn how to find quickly the Poison Control Center telephone number. It is on the inside cover of the phone book. Keep syrup of ipecac in your home. It is sold at pharmacies.
- Keep your baby away from cigarette smoke. Do not smoke when he is in the car; do not smoke in the home.
- Call the clinic right away if your baby is coughing a lot or may be dehydrated. Sneezing, watery eyes and a stuffy or runny nose are cold symptoms. A fever is an under-the-arm temperature of 101°F or higher. A dehydrated baby has fewer than five wet diapers a day, is much less active than usual, or has dry lips and a pasty mouth.

Your toddler's next visit is when he is about 15-months-old. At this visit we may check him for anemia. He may receive another immunization (shot). Remember to bring his shot record with you.