

## 12 Month Visit



FAMILY SUPPORT

### Family Support

- Try not to hit, spank or yell at your child.
- Keep rules for your child short and simple.
- Use short time outs when your child is behaving poorly.
- Praise your child for good behavior.
- Distract your child with something he likes during bad behavior.
- **Play with and read to your child often.**
- Make sure everyone who cares for your child gives healthy foods, avoids sweets and uses the same rules for discipline.
- Make sure the places your child stays are safe.
- Think about joining a toddler playgroup or taking a parenting class.
- Take time for yourself and your partner.
- Keep in contact with family and friends.

ESTABLISHING ROUTINES

### Establishing Routines

- Your child should have at least one nap. Space it to make sure your child is tired for bed.
- Make the hour before bedtime loving and calm.
- Have a simple bedtime routine that includes a book.
- Avoid having your child watch TV and videos and never watch anything scary.
- Be aware that fear of strangers is normal and peaks at this age.
- Respect your child's fears and have strangers approach slowly.
- Avoid watching TV during family time.
- Avoid forcing baby to eat.
- Start family traditions such as going for walks or reading together.

FEEDING

### Feeding your child

- Have your child eat during family mealtime.
- Be patient with your child as she learns to eat without help.
- Encourage your child to feed herself.

FEEDING AND APPETITE CHANGES

- Give three meals and 2-3 snacks spaced evenly over the day to avoid tantrums.
- Make sure caregivers follow the same ideas and routines for feeding. Give them the schedule for your baby.
- Give your baby a small plate and cup for eating and drinking.
- Provide healthy food for meal and snacks.
- Let your child decide what and how much to eat.
- End the feeding when your child stops eating.
- Avoid small, hard foods that can cause choking--nuts, popcorn, hot dogs, grapes and hard, raw vegetables like carrots.

*Make sure everyone who cares for your child gives healthy foods, avoids sweets and uses the same rules.*

SAFETY

### Safety

- Have your child's car safety seat rear-facing until your child is age two or until she reaches the highest weight or height allowed by the car seat manufacturer.
- Lock away poisons, medications and lawn and cleaning supplies. Call Poison Control (1-800-222-1222) if your child eats nonfoods.
- Keep small objects, balloons and plastic bags away from your child.
- Place gates at the top and bottom of stairs and guards on the windows on the second floor and higher. Keep furniture away from windows.

SAFETY

- Lock away knives and scissors.
- Only leave your toddler with a mature adult.
- Near or in water, keep your child close enough to touch.
- Put barriers around space heaters and keep electrical cords out of your toddler's reach.
- Make sure to empty buckets, pools, and tubs when done.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.
- Keep your baby in a high chair or playpen when in the kitchen.

FINDING A DENTIST

### Finding a dentist

- Take your child to his first dental visit by 12 months.
- Brush your child's teeth twice each day.
- Use only water and a soft brush.
- If using a bottle, offer only water.

## What to expect at your child's 15 month visit

### We will talk about...

- Your child's speech and feelings.
- Getting a good night's sleep
- Keeping your home safe for your child.
- Temper tantrums and discipline.
- Caring for your child's teeth.

Questions or concerns? Call Tanner Clinic at 801-773-4840