



FOR YOUR 12 MONTH OLD

feeding

Offer a variety of healthy table foods diced into small pieces.

Avoid giving any large pieces of food, raw carrots or celery, chips, popcorn, nuts, seeds, whole grapes, or hotdogs that may cause choking.

If you are a vegetarian or vegan, it may be necessary to consult a nutritionist to ensure your toddler gets enough protein.

It is fine to continue to breastfeed your baby after 1 year of age. Continue prenatal vitamins while breastfeeding.

Introduce whole milk in place of an iron-fortified formula. Your toddler should drink 16-20 ounces of whole milk each day. Too much milk can lead to picky eating and possible iron-deficiency anemia.

Put the milk in a “sippy” cup instead of a bottle. Do not put your toddler to bed with a bottle of milk.

Most toddlers do not need vitamins.

Avoid giving your toddler more than 4-6 ounces of juice per day; offer meals on a schedule.

Have family meals - toddlers enjoy the social aspects of eating.

If you have a family history of food allergies, please discuss them with your doctor.

Avoid any peanut butter and peanut containing products or shellfish before 2 years of age.

AVERAGE DIET FOR TODDLERS:

Cereals - Iron-fortified infant cereal (rice, mixed barley, or oatmeal), cooked or instant Cream of Wheat, Cheerios, or other non-sugar coated cereals.

Fruits - Fresh stewed, or baked, small pieces of fruits according to chewing ability.

Vegetables - Fresh steamed or broiled, canned or frozen, refrain from raw vegetables-offer vegetable soup.

Meats/Poultry - Boiled, roasted, broiled tender meats and poultry or served in soups, use strained baby meats as a sandwich spread-avoid fried foods.

Dairy - Soft mild cheeses (cottage, cream, American, cheddar), pudding, yogurt, margarine, or butter.

Eggs - Scrambled, hard-boiled, egg salad or omelet. Feed just the yolk when giving eggs for the first time.

Starch - Potato (boiled, baked, or mashed), whole grain breads, crackers, pastas, spaghetti with tomato sauce, macaroni and cheese, pancakes, French toast, rice cakes.

Meat Substitutes - Macaroni and cheese, cheese dishes served with milk, yogurt, beans, eggs, cottage cheese.

sleep

The average baby sleeps 14 hours per day at this age.

Most toddlers at this age still take 2 naps per day.

Your baby should be sleeping through the night without needing to be fed. Refer to Dr. Ferber’s book, “Solve Your Child’s Sleep Problems” if this is an issue.

development (12-15 months)

Crawls, scoots, and creeps, pulls to stand, may walk alone or assisted.

Understands “no”, says “mama” and “dada” with meaning, may have 1-3 other words, imitates words and gestures, follows simple commands.

Finger feeds, may use spoon, uses cup, waves, claps, and plays peek-a-boo.

Likes to look at pictures, points to named body parts, likes boxes, balls, bowls, imitates adult behavior with telephone, hairbrush.



cary | apex | fuquay-varina pediatrics



FOR YOUR 12 MONTH OLD

safety

Car seats may face forward in the back seat beginning at 1 year of age and when your toddler weighs more than 20 pounds.

Keep cleaners, medications, plastic bags, and small objects away from your toddler. Use cabinet locks and outlet covers.

In case of accidental ingestion or poisoning, or for free poison prevention information, call Poison Control at (800) 222-1222.

Falls are common in this age group- use wall mounted gates on stairs.

Use a properly fitted bicycle helmet if you take your toddler on a bike ride in either a trailer or toddler seat.

other things to keep in mind

Use a small, soft toothbrush to clean your toddler's teeth everyday.

Protect from sun exposure with clothing, blankets, or an umbrella. Use PABA-free sunscreen with SPF>15.

Have your toddler's feet properly measured in length and width, buy flexible shoes.

tests/immunizations for today

Vaccines will be given today. Please review our information sheets.

You will be given a developmental questionnaire to complete in our office.

Your baby may have blood taken for routine tests.

infant tylenol dosage

(every 4-6 hours and no more than 5 doses/day)

12-17 lbs. = 0.8mL (1 dropper)

18-23 lbs. = 1.2mL (1 1/2 dropper)

24-35 lbs. = 1.6mL (2 droppers)

infant motrin dosage

(every 6-8 hours)

12-17 lbs. = 1.25mL (1 dropper)

18-23 lbs. = 1.875mL (1 1/2 dropper)

Never alternate Tylenol and Motrin for fever.