



Town and Country Pediatrics

1460 N. Halsted #402 Chicago, IL 60642 (312)279-8900
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2401 W. Ravine Way #103 Glenview, IL 60025 (847)998-8806
www.townandcountrypeds.com

Your Twelve Month Old Young Child

Name _____ Date _____

Weight _____ Length _____ Head Circumference _____

Percentile _____ Percentile _____ Percentile _____

Diet:

- 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 your toddler may choke on.
- It is fine to continue to breast-feed your baby after 1 year of age. Continue prenatal vitamins while breast-feeding.
- Introduce whole milk in place of an iron-fortified infant formula. Your toddler should drink 16-20 oz of whole milk or possibly 2% (if your doctor recommends) each day. Too much milk can lead to picky eating and possibly iron-deficiency anemia.
- Put the milk in a “sippy” cup instead of a bottle. Avoid cups with #7 polycarbonate. There is preliminary evidence that this can be harmful. Do not put your toddler to bed with a bottle of milk.
- Most toddlers do not need vitamins.
- Offer meals on a schedule as a family. Your toddler enjoys the social aspect of eating. Avoid giving your toddler juice.
- If you have a family history of food allergies, please consult our office before introducing foods that contain egg or fish.
- Do not give any peanut butter or peanut products before 3 years of age.



Average Diet for Toddlers:

Three meals and 2-3 snacks should be provided. The rate of weight gain decreases as activity level decreases i.e. your 1 year old will eat less now. One year olds may eat a lot at one meal and very little the next. Offer nutritious foods...mealtimes should not be a battleground...Try a soft fork and spoon and cover the floor..... allow your child to get messy! This is important for your child’s development!

- **Cereals** – Iron-fortified infant cereal (rice, mixed, barley, or oatmeal); cooked or instant Cream of Wheat™, oatmeal, Cheerios™, Rice Krispies™, or other non-sugar-coated cereals
- **Fruits** – Fresh, canned, or baked; small pieces of fruits according to chewing ability. Try avocado!
- **Vegetables** – Fresh steamed or boiled, 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
- **Dairy** – Soft mild pasteurized cheeses (cottage, cream, American, cheddar), pudding, yogurt, margarine or butter
- **Starch** – Potato (boiled, baked, or mashed), whole grain breads, crackers, pastas, spaghetti with tomato sauce, macaroni and cheese, rice cakes

- **Meat Substitutes** – Macaroni and cheese, cheese dishes served with milk, yogurt, beans, eggs (if no family history of allergies), cottage cheese, cream cheese, tofu, soy nut butter

Sleep:

Plan a nightly routine at the same time everyday. Books, soothing bath, etc.

- The average toddler 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.

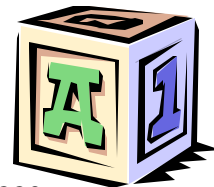
Development: (12 to 15 months):

- Your child may crawl, scoot, creep, pull to stand. He/she may walk alone or assisted
- Understands “no”- may not listen though! He/she says “mama” and “dada” with meaning, may have 1-3 other words, jabbers with normal speech inflection, imitates words, sounds, and gestures, follows simple command
- Finger feeds, may use spoon, uses cup, waves, claps, plays peek-a-boo, pat-a-cake, blows a kiss!
- Likes to look at pictures; hands you a book for a story, points to named body parts; likes boxes, balls, bowls; imitates adult behavior with telephone, hairbrush
- Still strong separation anxiety, strong attachment with parent and caregiver

Safety:

- Carseats (convertible) may face forward beginning at 1 year of age and when your toddler weighs more than 20 pounds.
- Time to baby proof the house! Make sure the environment is safe rather than trying to teach your baby how to be safe at this age.
- Keep cleaners, medications, plastic bags, and small objects away from your toddler. Use cabinet locks and plug covers. Secure window blind cords. Watch table corners.
- Visit www.cpsc.gov for a list of recalled items.

- Your child can drown in just a few inches of water, do not allow your child access to standing water in baths, buckets, play pools, or toilets (lock the seat!).
- Falls are common in this age group - use wall-mounted gates on stairs and protect 2nd floor windows with guards.
- Make sure heavy furniture (tall bookcases, televisions) is secure so that your child can't pull them over.
- Never leave young siblings in charge of their baby sibling.
- Keep these numbers by your telephone:
Illinois Poison Center (800) 222-1222
CMH Emergency Room (773) 880-3800
- Use a properly fitted bicycle helmet if you take your toddler on a bike ride



Other Things to Keep in Mind:

- Use a small soft toothbrush with water to clean your toddler's teeth twice a day.
- Protect from sun exposure with clothing, blankets, or an umbrella. Use a PABA-free sunscreen with SPF 15 or higher.
- Have your toddler's feet properly fitted in length and width, buy flexible shoes.
- The AAP recommends “no TV until age 2”
- Discipline is important and best executed when there is consistency across caregivers for rules and limit setting.

Tests/Immunizations for Today:

- A tuberculosis skin test and Prevnar or Measles, Mumps, Rubella (MMR), and Varicella vaccine will be given today. Please review the information sheets.
- Your baby's finger will be poked for a blood sample to check for lead exposure and hemoglobin level (anemia).
- You will be given a 12 months Ages and Stages developmental questionnaire to complete at home and mail back to our office.

At the 15 month check-up:



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- Your baby will have a physical examination, and your questions and concerns will be answered
- Your baby will receive DTaP#4, HiB #4 and Prevnar #4 or MMR vaccines.
- You will be given a 16 month developmental questionnaire to complete at home and mail back to our office.

Suggested Reading:

“What to Expect the Toddler Years”

“Caring for Your Baby and Young Child”

“Feed Me, I’m Yours”

Acetaminophen Infant Drops Dose:

Every 4-6 hours & no more than 4 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)

Ibuprofen Infant Drops Dose:

Every 6-8 hours

12-17 lbs. 50 mg=1.25 mL Infant drops

18-23 lbs. 75 mg=1.875 mL Infant drops

24-35 lbs. 100 mg=2.5mL infant drops

Additional Instructions:
