

12 to 14 MONTHS OLD

SAFETY:

Travel only in approved car seat; Use table mats instead of table cloth; Tie up loose or dangling cords like telephone cords; Put cleansers, detergents, bleaches, furniture polish, medicines, insecticides, etc. out of reach of your child; Cover electrical outlets with safety caps or tape; Put candles out of reach; Do not leave child unattended in the bathtub or near the pool; All medicine should be in tight safety capped bottle, and out of reach; Do not place razor blades, glass,, and other harmful products in the waste basket; Stove controls should be out of children reach; Keep the number for poison control by the phone; Check batteries in smoke alarms; Use gates on stairways.

PLAYTIME:

Your one year old child will love to play with you. Good toys for this age include: blocks, balls, push and pull toys, pots and pans, and books. Cardboard or cloth books with large colorful pictures are best. Nursery rhyme books are a favorite. Stay away from small toys that present a choking hazard, and old toys or toys made outside because the paint may not be lead free. Your child will enjoy being sung to.

DEVELOPMENT:

The child at one year of age is learning faster than at any other time in his/her life. Allow the child to explore. Constantly saying “no” may stifle the child urge to learn. Say “no” only for possible hazards. Whenever you need to take something away, give something else to replace it. Your child emotional health is as important as physical health. As children grow and develop their own emotional reactions, they are very sensitive to the feelings between their mother and father. Tension and constant battles between parents may lead to the development of emotional tension in your child.

An average one year old has two to three teeth, stands for a moment alone, steps with help, can sit from a standing position without help, marks on paper with color, picks up food and puts it in mouth, and drinks from cup. He/ she recognizes “no”, loves rhymes, says two words, listens intently to words, and likes singing and repetitive sounds. Socially the child is concerned only with self, knows his/her name, shows jealousy, anger, and affection, as well as emotions, loves an audience and will repeat a performance which brings response from others, and enjoys music.

FEEDING:

Baby should be weaned from bottle to cup as soon as possible. Child's diet should be nearly the same as for the rest of the family. It very important for your child to eat vegetables, meat, and fruits daily. After one year of age your child's appetite will vary and different and foods may be refused from time to time. Don't force your child to eat. Continue to offer nutritious food when the child seems hungry. Allow your child to feed self. Mealtime may be a messy time but remember, eating is new skill which your child is trying to learn. Only whole milk with vitamin D is given for this age. Do not give 2% milk. Do not give more than 2-3 cups of milk a day.

VACCINES:

Child will receive MMR (measles, mumps, rubella) today. It may give fever and rash that usually starts a week later. Use Tylenol for the fever, and call if child is not better. PPD will be done if there is any risk for tuberculosis. It is placed on the arm. Call us if it turns red or swollen after 48 hours. Varivax (chicken pox vaccine) may also be given today, but it is more effective if it is given after 16 months of age. Also watch for fever and rash one week after the shot is given. Hepatitis A vaccine can be started today, and the child is due to receive the 4th dose of prevnar.