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## 12 MONTH EXAMINATION

1. Development: Children at this age generally will stand, and some will take steps and perhaps walk. Children this age usually will bang objects together and explore for hidden objects. Most will only say “mama” and “dada”.
2. Diet: Finger foods and table food can comprise a full diet. You can offer the baby a modified version of what you are making for the family, just be careful of foods that babies can choke on. Many babies enjoy ripe fruit, cooked vegetables, soups, pasta and bread. Work on the use of cups and spoons. Your baby can now switch from breastmilk or formula to whole cow’s milk. Many moms choose to wean babies from the breast at this age, although breastmilk is still an excellent source of nutrition if you and your baby still want to nurse. If you have questions about weaning (or not), please ask!

We encourage you to wean your baby off the bottle by 15 months of age to decrease the risk of tooth decay and the frequency of ear infections. It becomes more difficult to get a child off the bottle as they get older. A way to discourage continued use of the bottle is to put only water in the bottle and other liquids in a cup. Many children decrease their milk intake as they are weaned off the breast or bottle. Three servings per day of dairy products are recommended. Don’t allow your child to “graze” all day on milk.

### Food Rules For Children Age 1 and Up

#### Scheduling

- Regular mealtimes, only planned snacks
- Mealtimes no longer than 30 minutes
- Nothing offered between meals except water

#### Environment

- Neutral atmosphere
- Sheet under the chair
- No game playing
- Food is never given as a reward

#### Procedures

- Small portions
- Solids first, fluids last
- Self-feeding encouraged as much as possible (finger feeding, holding spoon)
- Food is removed after 10-15 minutes if child is only playing without eating
- Meal is terminated immediately if child throws food in anger
- Wiping the child’s mouth and cleaning up occurs only once at end of meal

3. Name objects and pictures for your baby. Sounds and words become very meaningful. Read and sing to your baby. Talk to your baby during routine baby care and activities around the house.

4. Discipline: Avoid physical punishment for inquisitive behavior and have realistic expectations for your toddler. Introduce “time-outs” as a technique for discipline. Avoid negativism, catch your child being good and give appropriate praise. Distraction and redirection also work well at this age. If a time out is needed for aggressive or unsafe behavior:

- First clearly and calmly state the rule, i.e. “no hitting”
- If behavior persists, repeat the rule calmly and pick your child up with his back toward you.
- Put him in a designated “time-out chair” or area, then turn to leave them alone.
- Wait one minute for each year of your child's age.
- Return to your child, reiterate the rule they violated, then hug them for staying in time-out (after an apology for older children).
- The keys are consistency, calmness and limit rules to those very important such as safety and aggression to avoid frustrating your child with too many rules.

5. Poisons: All medicines and poisons must be kept out of reach. Call the Poison Control Center at 1-800-222-1222 if an ingestion occurs.

6. Injury Prevention:

- a) Kitchen: Hot liquids, hot foods, electrical cords or irons, toasters and coffee pots MUST be kept out of reach.
- b) Stairs: Consider the use of gates.
- c) Drowning: Never leave small children alone in the bathtub even in a bathtub seat or ring. Drain bathtubs and buckets immediately after use. Never leave children unattended around swimming pools. Make sure a fence with a self-latching, self-locking gate completely surrounds the pool. Designate a “child watcher” at gatherings.
- d) Guns: if you own guns keep them in a gun safe, and ammunition in a separate locked place.
- e) Sun safety: Babies should be protected from the sun with clothing, umbrellas or shade. Use sunscreen whenever you will be outside.

7. Car Safety: Children should still be REAR facing in their car seats until 2 years old

Remember:

- Airbags can be dangerous to children. Do not install a car seat in front of an airbag.
- Seats must be properly installed in the vehicle and the baby properly secured in the seat. Tucson Fire Department can check your car seat for proper installation. Check this website for inspection site:  
[www.tucsonaz.gov/fire\\_prevention/FAQ/Car\\_Seat\\_Program/car\\_seat\\_program.html](http://www.tucsonaz.gov/fire_prevention/FAQ/Car_Seat_Program/car_seat_program.html)

8. Dental care: Clean teeth with soft cloth or toothbrush. A small smear of toothpaste on the brush is recommended. Remember; do not put our child in bed with a bottle, or let child sleep latched onto the breast as this can lead to tooth decay.

9. Medication:

<u>Weight</u>	<u>Acetaminophen Children's Liquid</u> (Tylenol, Tempra) 160mg/5cc	<u>Ibuprofen Children's Liquid</u> (Motrin, Advil) 100mg/5cc
	Every 4 Hours	Every 6 Hours
12-17 lbs	1/2 tsp (80mg)	1/2 tsp (50 mg)
18-23 lbs	3/4 tsp (120 mg)	3/4 tsp (75 mg)
24-35 lbs	1 tsp (160 mg)	1 tsp (100 mg)
36-47 lbs	1 1/2 tsp (240 mg)	1 1/2 tsp (150 mg)

COMMUNITY RESOURCES:

- The Parent Connection offers parenting classes and play groups.  
[www.theparentconnectionaz.org](http://www.theparentconnectionaz.org).
- Child and Family resources offers information about available child care.  
[www.childfamilyresources.org](http://www.childfamilyresources.org).
- The American Academy of Pediatrics has a web site:  
[www.healthychildren.org](http://www.healthychildren.org).

IMMUNIZATIONS: At this visit children usually will receive Pneumoccal, Hib, Varicella, and Hepatitis A vaccines. We no longer recommend giving tylenol before vaccines, but you may use it afterwards if your child gets a fever.

NEXT VISIT: 15 Months of age