



INFANT CARE FROM AGE 12 TO 15 MONTHS

Information for: _____
Date: _____ Head Circumference: _____
Height: _____ Percentile: _____
Weight: _____ Percentile: _____

SUGGESTED DIET: The following is an “ideal” diet selected from the four food groups, but recognize that your child will not always eat a “balanced diet” every day.

1. **Milk:** You may stop formula and offer whole milk, 2 to 3 servings (6-8 oz. per serving) per day. One ounce of cheese is equivalent to about 6 oz. of milk. Whole milk is recommended until your child is two years old.
2. **Meats:** 2 to 3 Tbl. twice a day. You may use hamburger or bite-size pieces of chicken, turkey, beef, fish or pork. Meat substitutes which can be occasionally used include: cheese, pinto beans, one egg, or creamy peanut butter. Eggs may be given 2 to 3 times per week and served as scrambled or boiled and cut up.
3. **Fruits & Vegetables:** 2 servings of each every day, with a serving size being $\frac{1}{4}$ cup. Fruits may be cut up fresh fruit, or you may substitute 4 ounces of unsweetened juice offered in a cup. Vegetables should be soft and cooked without added spices. Frozen are better than canned. Try to pick foods which are high in vitamins A and C (see below).
4. **Breads & Cereals:** 2 to 3 servings per day. Examples of servings are $\frac{1}{4}$ to $\frac{1}{3}$ cup of cereals, rice, pasta or pieces of potatoes.

FEEDING TIPS

- Your child should be learning to drink from a cup. Offer the cup one feeding per day, gradually increasing its use until your child is completely weaned from the bottle.
- Your child can have most of the same foods as the rest of the family, except for highly spiced and deep fat-fried foods. Also, try to avoid nuts, fruit with seeds, raw carrots, popcorn, hard candy and gum - all of which can easily be choked on.
- To prevent choking do not give large pieces of food and supervise mealtime. Mealtime should be quiet with minimal excitement, and your child should be seated.
- Excellent sources of vitamin C include: broccoli, spinach, cantaloupe, oranges, strawberries, and Vitamin C fortified juices.
- Excellent sources of Vitamin A include: cantaloupe, carrots, squash, spinach and sweet potatoes.
- Your child’s appetite will be decreasing at this time. This is normal and due to a slowing in the rate of growth. Your child may also become a fussy and picky eater. Try to avoid power struggles over food. As long as he or she is getting a variety of food, there is no need for additional vitamins.
- Continuing infant cereal during the second year of life ensures that your child will have adequate iron intake.

SLEEPING

Your child may begin to outgrow a morning nap, but will continue to take an afternoon nap. Night time awakening can reoccur at this age and usually results from separation anxiety. Your baby needs to reassure herself that you are there during the night. This can be a difficult phase for parents. If she awakens during the night, check on safety and comfort, have as little interaction as possible, and quickly leave the room. Usually, the baby will resume her regular sleep patterns within a few weeks. If sleep disturbances occur as a result of weaning or stopping a night bottle, try starting another routine. For example, brush teeth, read stories, cuddle, and kiss good night. The objective is to be consistent in order to provide security for your baby.

ELIMINATION

Bowel patterns may begin to become more predictable. It is still too early to think about potty training primarily because your child’s bladder and bowel muscles are not developed enough.

DEVELOPMENT/PLAY

Your child can or soon will cruise or walk alone, but expect them to frequently fall, climb, and get into everything. They will also babble and say 2 or 3 words besides Mama and Dada, hold a cup, pick up small objects with the index finger and thumb and try to stack blocks. He or she will be active and constantly on-the-go (no wonder you are tired!). Your toddler will want to be independent and explore, but will still need to be watched constantly. Encourage playing alone and with others. Good choices of games and toys include: blocks for stacking, naming body parts, push-pull toys, balls, and a toy telephone. Books with textures and different objects such as a large button, snap, zipper, etc., increase fine motor skills as well as vocabulary.

You may notice that your toddler's development occurs faster in some areas than others and that the variations change over time. Development follows a similar sequence in all children but the rate of acquisition of skills varies reflecting their individuality. For instance, she may walk at 10 months but only say one or two words; or say 15 words but only be crawling. Both are normal.

DISCIPLINE

This is a way of teaching your toddler to gain self-control, respect other's rights, and learn rules. Because of your toddler's increasing mobility, you must place limits on her behavior to help keep her safe. Periodic use of a playpen can allow you to occasionally get something done, knowing your child is in a safe place. Most one year olds understand the meaning of the word "No", but you must be consistent; i.e. "No" means "No" for the same thing every day. Do not be surprised if your child says "No" back to you. Anticipate problems by moving breakable objects out of reach instead of always saying "No". Ignore temper tantrums due to frustration.

If your toddler breaks a rule, remove him or her from the area and encourage another activity. Avoid slapping the hand or spanking, since children this age cannot understand this action. Remember to praise your toddler and show attention when playing or behaving well rather than misbehaving or crying.

SAFETY

- Poisonings are frequent occurrences among toddlers. Children in this age group often eat or drink harmful things because they are simply curious. They do not recognize the danger of many potentially poisonous substances. Poison proof your house! Keep all detergents, soaps, cleaners and medicines locked up and out of reach. Post the **Poison Control** number (**404/616-9000**) by your phone. In case your child ingests medication or poison, call the Poison Control first for instructions. Make sure other caretakers (grandparents, daycare) also have the Poison Control number on hand.
- Watch out for burns. Turn the handles of pots and skillets away from the stove's edge. Do not leave hot liquids on countertops.
- Electrical equipment is a particular danger for your little explorer. Teach your child not to poke things in sockets and not to chew on wires.
- Use gates on all stairways: secure doors leading to stairs, driveways, and pools.
- Never leave your child alone in the bathtub or by a pool.
- Always use an approved car seat. After your child turns 1 year old and weighs 20 lbs, turn seat to face front. When child faces forward, move seat into upright position, adjust shoulder straps to be at top of harness slots, and route seat belt through correct belt path for forward position. Safest spot for the car seat is still the back seat.

FEVER AND PAIN RELIEF:

Your child's dose of acetaminophen (Tylenol) is now _____ mg which is _____ ml of the infant drops every 4 hours, or ibuprofen (Motrin or Advil) _____ mg which is _____ ml of infant drops, or _____ tsp. of children's suspension, every 6-8 hours.

Your child's next well child care visit should be at 15 months of age.

Additional Resource for Parents

Visit our web site at www.northfultonpediatrics.com

Your One Year Old by Ames and Ilg.

Caring For Your Baby and Young Child: Birth to age 5 by AAP.

www.aap.org/bookstore