

12 MONTHS OLD (ONE YEAR)

CONGRATULATIONS!!!

Your child is now one year old. You have enjoyed one of the most exciting years of your child's life. Breathe a sigh of relief and watch your child as he begins to talk, walk and balk.

NUTRITION

The bottle is now more of a convenience for us as parents than a necessity for the child. Now is the time to introduce a cup, if you have not already done so. After weaning from breast milk or formula, we recommend whole milk until 2 years of age. Your child will begin to eat independently and may be an erratic or picky eater. He is getting better at feeding himself. Give your baby some freedom, but not total control of eating. Offer nutritious foods, and make meal time a happy time. Our example as parents will greatly influence our children's eating habits. In addition, you should be brushing your child's teeth at least once a day. No toothpaste is needed until he can spit on demand. The first dental checkup is usually around age 3 years. If your drinking water is not fluoridated, you may need to add a fluoride supplement. Please discuss this with us.

SAFETY

Concerns include car seat restraints, smoke detectors, fire avoidance, poison prevention, hot water temperature, passive smoke, dental health and general household safety. If not already done, "Kiddie locks" on cabinets and removal of dangerous items such as scissors, knives, cleansers or dangling electric cords can help prevent injuries. Lowering your child's crib mattress is also recommended. Children from 1-3 years of age are at the highest risk of poisoning. Protect your child by keeping medicines, cleaners, insecticides and beauty products out of sight and reach. Because accidents and ingestion of harmful materials may take place, we recommend you have emergency numbers handy. If your baby has ingested a potentially dangerous substance, call Poison Control 404-616-9000 for immediate advice. Use gates at the top and bottom of stairways to prevent dangerous falls. Never leave your child alone in a bath or near containers of water, including wading pools. If left alone, children can drown in only one inch of water. If you have a firearm, store it locked and separate from ammunition.

DISCIPLINE

now becoming more a part of your child's life. Each child will respond differently to various approaches. Some children will be compliant; others will be strong-willed. Teaching your child safe, polite and appropriate behavior is a very big job that is already underway. Many books have been written and you may find these helpful:

[The New Dare to Discipline by James Dobson](#)
[Good Behavior by Stephen Garber](#)
[How to Really Love Your Child by Ross Campbell](#)
[Shepherding a Child's Heart by Ted Trip](#)

[The New Strong Willed Child by James Dobson](#)

EDUCATION

more and more become a part of your child's life. Language development is very important. Reading to your child on a regular basis will give your child a head start on his educational journey.

NEXT APPOINTMENT

Make an appointment for your 15 month physical. Your baby may be due for additional immunizations at that visit.