

Child's Well Visit, 12 Months: Care Instructions

Your Care Instructions

Your baby may start showing his or her own personality at 12 months. He or she may show interest in the world around him or her.

At this age, your baby may be ready to walk while holding on to furniture. Pat-a-cake and peekaboo are common games your baby may enjoy. He or she may point with fingers and look for hidden objects. Your baby may say 1 to 3 words and feed himself or herself.

Follow-up care is a key part of your child's treatment and safety. Be sure to make and go to all appointments, and call your doctor if your child is having problems. It's also a good idea to know your child's test results and keep a list of the medicines your child takes.

How can you care for your child at home?

Feeding

- Keep breastfeeding as long as it works for you and your baby.
- Give your child whole cow's milk or full-fat soy milk. Your child can drink nonfat or low-fat milk at age 2.
- Cut or grind your child's food into small pieces.
- Offer soft, well-cooked vegetables. Your child can also try casseroles, macaroni and cheese, spaghetti, yogurt, cheese, and rice.
- Let your child decide how much to eat.
- Encourage your child to drink from a cup. Limit juice to 4 to 6 ounces each day.
- Offer many types of healthy foods each day. These include fruits, well-cooked vegetables, low-sugar cereal, yogurt, cheese, whole-grain breads and crackers, lean meat, fish, and tofu.

Safety

- Watch your child at all times when he or she is near water. Be careful around pools, hot tubs, buckets, bathtubs, toilets, and lakes. Swimming pools should be fenced on all sides and have a self-latching gate.
- For every ride in a car, secure your child into a properly installed car seat that meets all current safety standards. For questions about car seats, call the National Highway Traffic Safety Administration at 1-888-327-4236.
- To prevent choking, do not let your child eat while he or she is walking around. Make sure your child sits down to eat. Do not let your child play with toys that have buttons, marbles, coins, balloons, or small parts that can be removed. Do not give your child foods that may cause choking. These include nuts, whole grapes, hard or sticky candy, and popcorn.
- Keep drapery cords and electrical cords out of your child's reach.

- If your child can't breathe or cry, he or she is probably choking. Call 911 right away. Then follow the operator's instructions.
- Do not use walkers. They can easily tip over and lead to serious injury.
- Use sliding gates at both ends of stairs. Do not use accordion-style gates, because a child's head could get caught. Look for a gate with openings no bigger than 2 3/8 inches.
- Keep the Poison Control number (1-800-222-1222) near your phone.

Immunizations

- By now, your baby should have started a series of immunizations for illnesses such as whooping cough and diphtheria. It may be time to get other vaccines, such as chickenpox. Make sure that your baby gets all the recommended childhood vaccines. This will help keep your baby healthy and prevent the spread of disease.

When should you call for help?

Watch closely for changes in your child's health, and be sure to contact your doctor if:

- You are concerned that your child is not growing or developing normally.
- You are worried about your child's behavior.
- You need more information about how to care for your child, or you have questions or concerns.

Where can you learn more?

Go to <https://www.healthwise.net/patiented>

Enter **J888** in the search box to learn more about "**Child's Well Visit, 12 Months: Care Instructions.**"

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