

Your Baby Is Now Twelve Months Old

What should your baby be eating?

- Breast Fed Babies:** Your baby may continue to breast feed. If you do consider weaning, check with your provider for instructions.
- Formula Fed Babies:** Start whole milk at one year of age. Introduce whole milk in a cup. Limit your baby to 16 to 24 ounces per day (2 to 3, 8 ounce cups).
- Drinking From a Cup:** Wean your baby from the bottle and encourage drinking from a cup. Do not give soda and Kool-Aid®. Limit juices to 8 ounces a day.
- Solid Foods:** Give a balanced diet, advancing to any table foods that can be easily chewed.
- Likes to feed self soft finger foods. May get messy and play with food.
 - May not eat as much as before, this is normal. Offer your baby food first, then milk and other liquids. Give frequent nutritious snacks as well as three (3) meals a day.
 - Do not give your baby foods that he/she may choke on, such as nuts, small candy, popcorn, hot dogs, chips, grapes or hard vegetables (like raw carrots).
 - Make sure your baby is always seated while eating.
 - Share meals as a family when possible.

What will your baby be doing?

- Pulls to stand, cruises (walks holding onto furniture).
- May walk alone.
- May say 1 to 3 meaningful words, begins to use “dada, mama” correctly, waves bye-bye.
- Plays pat-a-cake, peek-a-boo, points at objects.
- Likes to explore and wants to try things on his or her own terms.
- May easily become frustrated, angry and fearful.
- Looks for dropped objects.
- Responds to simple verbal requests.
- Wants to feed self.

What are some issues or concerns you may have?

- Temper Tantrums:**
- A tantrum is your baby’s way of showing anger, frustration, or tiredness.
 - Make sure your child safe.
 - Distract them with a safe toy, song or new activity.
- Safety:**
- Likes to explore – put away any objects that could be reached and broken, choked on, or burn your baby.
 - Use a front facing car seat starting at age one.
 - Put gates in front of open stairs.
 - Avoid falls. Make sure all windows have secure screens.
 - Cover all electric outlets.
 - Store drugs, poisons, cleaning agents in a locked cupboard or out of reach.
Call the Poison Control Center at 1-800-222-1222, if concerned with possible poisoning.
 - Never leave your baby alone around water (bathtub, bucket, toilet, pool, buckets).
 - Use a hat, light cotton clothing, and sunscreen (at least SPF 30) in the sun.
 - Hot water should be no more than 120°F. Your landlord is responsible for this.
 - Do not smoke in the house, car, or around your baby.

- Bedtime:**
- Your baby needs a regular bedtime routine. Begin quiet time such as reading about one-half hour before bedtime. Use a favorite toy or blanket to help your baby feel safe.
- Discipline:**
- Discipline is a time to teach, not punish. You need to be consistent about setting limits.
- Teeth:**
- Do not put your baby to bed with a bottle of juice or milk. This may cause cavities.
 - Begin brushing baby's teeth with small amount of toothpaste with fluoride. Ask your provider if your water has fluoride.

Lead Poisoning:

- Lead poisoning is dangerous. The most common cause is lead based paint. Lead can be found in paint, dust, dirt, and water. Children can get exposed to lead by chewing on paint chips, lead painted window sills, or by putting dirt in their mouth.

Ways to prevent lead poisoning:

- Wash hands frequently, offer foods high in iron, damp mop floors and window sills. Use cold tap water not hot for infant formula or cooking. Run the cold water for one minute before using.

Comfort measures after shots:

You may give the baby a dose of Acetaminophen (Tylenol®) for pain or fever. It may be given every 4 to 6 hours for the first 24 hours after the shot. Your child's dose is _____.

Call the office or answering service at 315-464-4357

- If your baby:**
- Gets a temperature of 101° F or higher.
 - Refuses to drink.
 - Cries and cannot be comforted.
 - Acts very sleepy.
 - Gets a rash or hives or large swelling at shot site.
- If you need to:**
- Schedule or cancel an appointment.
 - Talk to a nurse from 8:00 A.M. to 5:00 P.M.
 - After clinic hours to talk to a doctor.

Date: _____ Height: _____ Weight: _____

Speak up if you have any questions or concerns.



Healthy Kids



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