

WELL BABY CARE

Twelve month check-up

This check-up is done primarily to check growth and development. Your baby may have tripled his/her birth weight. He may be able to walk holding onto a hand, should be grasping things between his thumb and first two fingers. Your baby may be able to say “Mama, Dada” and one other word or shake his head “Yes” or “No”.

IMMUNIZATIONS:

- At this check-up, your baby will receive the Measles, Mumps, Rubella (MMR), Varicella, Prevnar and Hepatitis A vaccines.
- Rarely, babies will have a rash and fever 7-10 days after the MMR vaccine.

FEEDING:

- Your baby should be weaned off the bottle by now or within the next month. Babies that stay on bottles longer than this have the tendency to develop severe cavities.
- You may start your baby on whole milk now. Stay on whole milk until 2 years of age- unless your doctor tells you otherwise. Your baby should drink 16-24 ounces of whole milk in a 24 hour period.
- It has been found that germs cause cavities, and that it takes 24 hours for these germs to get started. Therefore, if you can get your child into the habit of using dental floss, followed by brushing their teeth well, JUST ONE TIME EVERY 24 HOURS, your child will NEVER have any cavities. You need to help him/her brush his/her teeth until 5 years of age. You also need to supervise them in the use of dental floss.

FEVER:

- It is ok to give your child Tylenol or Ibuprofen (see dosing sheet for correct dosage), but if your baby has a high fever – greater than 103.4 rectally – and you do not know why, the baby should be seen within 24 hours.

SHOES:

- Children need shoes only to protect their feet from sharp objects. There is no need to get expensive shoes; cheap tennis shoes will work well.

AUTONOMY:

- The “terrible two’s” start now. Don’t misread your child’s independence as opposition to parents. This is a normal stage of development. However, discipline is important; limits need to be set and be firm on things that matter, such as safety, etc.
- Remember to constantly encourage positive behavior.

DISCIPLINE:

- It is important to start discipline with your child. At this age children will not understand the theoretical reasons for punishment. However, they will understand there are some things that they are allowed to do and some things they are not allowed to do. It is very important to set limits for them.
- The most important thing about discipline is consistency. You should try to be a “two warning” parent. What we mean is this: When your child is doing something that he is not allowed to do, you should give him a warning (a stern no!). You should strive for giving no more than two warnings.
- Another important component about discipline is to consistently follow up a warning with punishment, such as removing them from the place of misbehavior. Don’t be the kind of parent that tells his/her child eighteen times “No don’t do that”, and then allows the child to continue doing it. You have to set firm limits and stick to them. This is the time when children start testing, to see how far they can go and also the time that they will learn when they should stop.



WATER SAFETY:

- You should never leave a bucket or doggy bowl with water where the child can reach. If you have pool, you should have a four-sided fence with a self-latching gate. Nothing can replace constant adult supervision, but since 24 hour adult supervision is impossible, barriers like a 4-sided fence are necessary. Remember, deaths due to drowning are the #2 cause of death in children this age.

CAR SEATS:

- Remember, always be sure your child is in a car seat. At this age your child may be able to sit in a forward facing car seat, but only if he or she is 20 pounds or greater.
- If he or she is less than 20 pounds, you have to continue with a rear facing car seat. Remember, deaths due to car accidents are the number one cause of death in children this age.