

12 MONTHS

OUR LITTLE SUNSHINE

2 SHOTS TODAY: typically Proquad (measles, mumps, rubella, varicella) as well as hepatitis A.

FEEDING: Most toddlers should be eating a variety of foods and better able to handle textures.

Give your toddler three meals and two to three nutritious snacks a day. Give your toddler whole milk (not 2% or skim) until 2 years of age. Limit your toddler's intake of cow's milk to 16-24 ounces a day. Avoid sugary drinks. Avoid foods high in sugar and low in nutrients - read labels. Switch from the bottle to a sippy cup. If you are still nursing offer milk in a sippy cup. **PACIFIER:** Time to use the pacifier only for sleep and put it out of reach during the day.



Serve iron-fortified cereals and iron-rich foods, including meat, poultry, well-cooked leafy greens, beans (white, black, and kidney). You can make your own toddler foods by mashing, dicing, chopping, or shredding the food you eat into small pieces that are easy for him to chew and easy to swallow. Serve a wide variety of foods. If your child does not like a new food; introduce it again a week later, don't give up! The main priority is learning about different textures and tastes and developing the coordination to both get it up to and in the mouth as well as swallow.

Let your child use a spoon – yes, it will be messy! **DON'T USE THE SQUEEZE FOOD POUCHES**, other than for traveling on the go. They rob the child of the chance to learn food textures, coordinated swallowing, the visual qualities of food.(see **FOOD, INC**). Also: how healthy can it be if it can sit out forever unrefrigerated?! Read labels! Don't buy processed finger foods that have lots of ingredients on the label. Think what high temperatures the food had to be cooked at and how that has likely cooked the goodness out of a previously healthy ingredient. Perhaps some of the food allergies so prevalent would not be so if there was less processing. Avoid chunks that could choke baby (hot dog, whole grapes, nuts, big raw veggies, hard candy, etc).

FOOD TIPS: **INTRODUCE** only one new food at a time. A plate full of new foods is too much to deal with. Pair a food she's never tried with one she likes. Here is an outstanding page: <https://resources.plantricianproject.org/default/batches/plantricianresources> or ask for our \$4 plantrician feeding guide (awesome).

Pay attention to **TEXTURE**. Toddlers may not like foods that are slimy, grainy, or crunchy. Start with smooth-textured foods like corn, potatoes, chicken, or pears.

Be a **ROLE MODEL**. Your child will probably try a new food if she sees you eating it. Serve yourself some of the food, and ask your child to taste it with you.

TALK ABOUT the food. Tell your child what the food is called. Talk about its color and texture. Ask your child to touch and smell it, but don't pressure her to eat it if she isn't ready.

Take **LITTLE STEPS**, and celebrate any success. Trying a new food is a big risk for children. Touching the food, smelling it, chewing it, and swallowing it are all parts of trying a new food. If your child puts a new food in her mouth and then spits it out, praise her for at least trying it. Some children won't eat a food the first time they see it. That's normal, It could take 7-15 times before your child eats a food she's never eaten before. Children have to learn to like new foods. Forcing your child to eat something new can make her less likely to try the food later, and more likely to dislike it.



CRYING or TANTRUMS: You won't lose your elite parent status if your child chooses a crowded store to throw a fit. They don't get the concept yet of anything but "me, me, me." Obviously if you can prevent them as you see them brewing by distracting your child that is great. An overly tired or hungry child is more likely to act out. At times you need to pick up your child, hold them and firmly enforce the limits that you as parent make for them. **BREATH HOLDING.** Rarely a child will try to get their way by holding their breath till they turn blue, don't worry, if they pass out the natural rhythm of breathing will return. The more level-headed you are and the more you explain why the limits are being enforced, the sooner your child will internalize the "right vs wrong" that you teach them. Safety for your child requires a lot of watchfulness at this age.

DISCIPLINE: Praise good behavior and ignore behavior you don't like. **DON'T SPANK YOUR CHILD.** Children do not make the connection between spanking and the behavior you want corrected. You can use a brief time out or redirection to correct an unwanted behavior. Give reasons to your child to build respect between you and your child. It will teach your child how to use reasons with their friends later.

ROUTINES: Keep to a routine that works well. As much as possible do snacks and dinner times/bed times at the same time every day. A child develops security knowing that their needs will be met. That **FREES YOU UP** from guilt about finding a snack at a time when truly your child just needs to be patient.

BEDTIME: Most toddlers need about 12 to 14 hours of sleep, including one daytime nap. Most do not need the morning nap by this age. Routines help so much. Write it down to keep it consistent: ie: quiet activities followed by a nutritious snack, brushing teeth, a bath, then reading aloud to your toddler with dimmed lights. Having your toddler sleep in their own room might be a battle at this age, but if your toddler is safe, a little fussing before falling asleep can be ignored. If your toddler wakes up in the night and does not settle back down, comfort your child, but keep interactions brief. Sounds and lighting affect some kids, and co-sleeping can be a real battleground. Discuss that with us if it is an issue.

COLDS: Reasons to bring your baby in to the doctor include: acting “not themselves”, fussy, not eating, or temp over 101°F for over a day. If you are concerned, make an appointment. Some babies barely fuss with bad ear infections while others run high temperatures and act miserable for only minor viral infections. It takes time and experience to see when your baby signals trouble.

MOTOR development: Walking is such fun! Climbing even better. How things fly off the shelves is fascinating. You might expect your child to: -say three to five words other than mama and dada-understand and follow simple commands-point to one body part-walk alone and begin to run-climb on furniture-make marks with a crayon-imitate activities, such as dusting.

Talk about how things fall, roll, and bounce. Your toddler is learning how things move. , like dropping things! Or bouncing! Give him a sponge or stuffed toy to throw. He likes to hear the sounds things make when they hit the floor. Tell him the names of things and what they do.

Keep time to music. Bounce your child gently on your knee or lap or clap with him in time to music. You will both have fun moving with the music.

Let him have space indoors and outdoors to practice crawling and walking. He is going to be running by the end of the year. Playpens are okay when you need to rest or to calm down, but keep playpen times brief. Help your child discover new things safely. Learning about her surroundings makes her feel good about herself and her world.

HOW I GROW AND TALK: Toddlers learn best by interacting with people. Socialize by engaging them in reading a book, rolling balls back and forth, “where is your eye, your mouth, your mommy.” Make time to talk to your child and read to them (remember you might have to skip pages and point to pictures along the way), sing to them. Take your child OUTSIDE in a safe area to play and explore. The brain is rapidly creating synapses. Using TVs, tablets, phones, and video games at this age puts your child at higher risk for ADD and is still cautioned against by the American Academy of Pediatrics.

MOTHER’S HEALTH: You need lots of energy. Your quiet, cuddly baby has become a lively little person and that means you have to be lively too. That can be fun, but it can make you tired, anxious, or angry. Give yourself the care you need to feel rested and healthy. Make sure you take time to relax and exercise/ eat healthy/ take time for yourself/ have someone watch baby. What makes you happier and more enthusiastic is bound to make you a better parent. Be kind, take a parenting break. If you feel you might harm your baby put the baby down in a safe place and call somebody to talk to for help. Shouts of anger and slapping are never right for your baby or you.

SAFETY: You now have a curious toddler; keep out of reach: choking hazards: cords, hot, sharp, and breakable items, all toxic substances should be at least up out of reach along with household chemicals and medicine. Electric outlet covers are nice too but a harmonious home is the best protection against poisonings!

IN THE CAR: Keep your child in a rear-facing car seat in the back seat until age 2 or when your child reaches the weight or height limit set by the car seat manufacturer. Keep your car locked when you are not in it, as toddlers one day will figure out how to get in without you but may not know how to get out.

AROUND WATER: close bathroom doors, keep toilet seats down, and always supervise your child around water (including baths and wading pools, and even 5 gallon buckets). Use sunscreen of SPF 30 or higher at least 15 minutes before going outside.

WHEN TO CALL US: if your baby is in:

PAIN: scream, head rolling.

POOR APPETITE: none, little or persistent vomiting

BREATHING: is difficult, fast, slow, cough, wheeze

SKIN: is flushed, sweaty, pale, rash, ear drainage

BOWELS: watery, slimy, hard, no urine in 6 hours

MOOD: too quiet, fussy, changed eating or sleeping



NEXT DOCTOR VISIT: 15 months of age.