FACT SHEET FOR PATIENTS AND FAMILIES

Well Check: 12 months

Congratulations on your baby's first birthday! Your baby may be ready to grab anything in reach — and then drop it, bang it, or put it in his mouth. Make sure your baby's safe. Then enjoy watching his hands-on science experiments about how the world works.

Feeding your baby

- You can start to give your baby cow's milk now. Give your baby whole milk (4% fat). You can still breastfeed too, for as long as you and your baby like.
- Help your baby learn to feed himself and use a cup. Expect that you'll be doing extra cleanup while he's learning.
- Have your baby eat during mealtime with the family.
- Give your baby 3 meals a day and 2 or 3 snacks in between.
- Start feeding more table foods.
 - Give only healthy foods. Don't give junk food.
 - Let your baby decide how much to eat, and when to stop.
 - Your baby may refuse a food many times before being willing to try it. Don't force him to eat a particular food, but do try it again in a few days.
 - Avoid foods your baby could choke on, such as popcorn, nuts, hot dogs, grapes and raw vegetables.
- If you're concerned about your child's weight or eating habits, ask your doctor for advice.

Keeping your baby safe and well

- Make sure your baby gets the recommended immunizations.
- Take care of your baby's new teeth.
 - Take your baby for a checkup with the dentist.
 - Brush your baby's teeth with a soft brush and water.
 - If your baby drinks from a bottle, put only water in it. Don't put juice in the bottle.



MILESTONES At 12 months old, most babies:

- Stand alone, and walk with one hand held
- Explore things by shaking, throwing, banging, and putting them in and out of a container
- Point to the right picture or thing when it's named
- Use simple gestures, like shaking head "no" and simple words like "mama," "dada," and "uh-oh!"
- Follow simple commands like "pick up the toy"
- Cry when you leave, and are nervous with strangers

Your baby will reach milestones at her own pace. For detailed information about milestones, visit www.cdc.gov/actearly, or call 1-800-CDC-INFO.

Be safe inside and outside the home

- Prevent choking. Be extra careful about buttons, plastic bags, toys with small parts, and other hazards.
- Lock up poisons, cleaning supplies, and chemicals.
 When in the kitchen, put your baby in a high chair or playpen.

- Put gates at the top and bottom of the stairs.
- Cover electric outlets with plastic plugs and keep electric cords out of reach.
- Prevent drowning. Never leave your baby alone near water or in the bath. Don't leave out buckets, pools, or tubs with water.

· Be safe in the car

- Keep your baby's car seat facing the back of the car until your child is 2 years old.
- Keep the car seat in the back seat of the car. Never put the car seat in the front seat of a car with an airbag.
- Never text or use the phone while driving.

Helping your child grow

- · Help your baby communicate
 - Talk, sing, and read to your baby every day.
 - If your baby is getting into trouble, gently direct her to another activity. Don't scold your baby.
 - Try to talk more about what you do want your baby to do ("put the food in your mouth"), instead of what you don't want her to do ("stop throwing the food on the floor.")
 - For the next few months, your baby may cry when you leave, and be afraid of other people — even grandma. When approaching other people, let your baby make the first move.

· Make plenty of time for active play

- Avoid the TV and other screens. Let your baby play with stacking toys, blocks, and balls. Give her a wooden spoon and a pan to bang it on.
- Play turn-taking games with your baby. Make funny noises or funny faces, and let your baby make them back. Pass a toy back and forth.
- Read books and look at picture books together. Give your baby small board books to hold.

· Help your baby learn good sleep habits

- Create a calming bedtime routine that will help your baby prepare for sleep.
- Lay your baby down when she's sleepy but still awake.
- If your baby wakes in the night, check on her and try to calm her without picking her up.

When to call:

• If you think your baby may have eaten poisons, medicines, or cleaning supplies, call Poison Control at 1-800-222-1222.

Your next well visit will be when your baby is 15 months old.

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This is general information that applies to most families. If your doctor tells you something different, follow what your doctor says.

HELPFUL RESOURCES



IntermountainMoms Facebook page



If you need help in other areas of your life (such as rent, violence, or a job), call 2-1-1, or visit 211ut.org for community resources.

