

Cranky and Fussy?

- For teething pain use a teething ring, frozen washcloth, teething biscuit, or massage the gums with your clean finger. If nothing else helps, try a dose of Tylenol or Motrin. Avoid numbing creams or over the counter herbal teething products as they are easily overdosed.
- If you become overwhelmed, put your baby in a safe place and take a break or get some help.
- If your baby cries during the night, try to comfort them without picking them up.
- Keeping the same bedtime routine every night helps to avoid sleep problems.
- For advice on sleep issues, read Guide to Your Child's Sleep from the AAP, Solve Your Child's Sleep Problems by Richard Ferber, or consult www.healthychildren.org
- Discipline is the process of teaching civilized behavior, not just giving punishment. Distract your child from annoying behavior. Reserve 'No' for dangerous behavior. Show him what you want him to do. Praise for appropriate behavior is the most powerful reinforcement. Physical punishment teaches aggression. Praise your child daily.

Twelve Month Visit

We will record your baby's height, weight, and head circumference. Measurements between the 3rd percentile and the 97th percentile are generally considered normal. Consistent growth is what is most important.

Let your doctor know today if...

- Your baby does not stand alone for a few seconds.
- Your baby does not handle toys.
- Your baby does not laugh or babble.
- Your baby does not respond to name when spoken softly.
- Your baby avoids eye contact.
- Your baby wakes at night and needs help to get back to sleep.
- You are worried about your baby's growth, development, or behavior.
- You are feeling overwhelmed or sad about the baby or unable to enjoy being with the baby.
- You have a particular concern that's always on your mind.
- Your child spends time in a building built before 1960 that has peeling paint or that is or was renovated, or your child is around someone who has lead poisoning or who works with lead.

Your next visit

At the fifteenth month visit your doctor...

- Check your child's growth.
- Discuss vaccines: DTAP, HIB, PCV, influenza (seasonal), and COVID. Information about these can be found at: www.cdc.gov/vaccines.



Weill Cornell Medicine
Primary Care

Twelve Month Visit



weillcornell.org/primarycare

Vaccines

- Vaccination provides the single most important opportunity to prevent serious illness in your child including brain damage and death.
- Recommended vaccines:
 - MMR (measles, mumps, rubella)
 - Varicella (chicken pox)
 - Hepatitis A
 - Influenza (seasonal)
 - COVID
- Ask the nurse for Vaccine Information Statements with specific facts about each vaccine. More information can be found at: healthychildren.org (under the Health Issues tab) and at www.cdc.gov/vaccines.
- Vaccines for parents and caregivers to receive to protect children include the “Tdap” (tetanus and pertussis booster), the yearly flu vaccine, and the COVID vaccine.
- Your doctor may recommend a blood test for anemia and lead.

Staying Healthy

- Do not allow anyone to smoke near your baby. If you smoke, decide to quit.
- Wash hands before feedings and after diaper changes.
- Nursing mothers should take their prenatal vitamins, eat a healthy diet, and drink plenty of fluids.
- Use saline nose drops and a bulb syringe if your baby is congested. Avoid over-the-counter cold medicines.
- Do not clean inside the ear. Wipe only the outside.
- Learn infant CPR. Contact the American Heart Association for classes.
- Call for an office visit if your child has fever > 101 for more than 24-48 hours (other than in the 48 hours after vaccination) or sooner if they have fast or labored breathing, are not drinking well, or look very ill to you. A temperature of >105 is reason for a prompt evaluation.
- For fever or pain, your child can have acetaminophen every 4hrs (Tylenol): “Infant’s” and “Children’s” (160mg/5mL) _____
or Feverall suppository _____
or ibuprofen every 6hrs (Motrin/Advil):
Infant drops(50mg/1.25mL) _____
or Children’s (100mg/5mL) _____
Never give aspirin—it can cause brain damage during certain viral infections.

Safety

- The leading preventable causes of injury now are car accidents, falls, fires/burns, drowning and poisoning.
- Always use a car seat (even in a taxi) in middle of the back seat, not the front, rear facing for as long as possible.
- Never leave your baby alone anywhere he might fall from or alone in the bath, even for a second.
- Be sure to use window guards.
- Do not hold hot liquids while carrying your baby.
- Burns result from hot drinks, items on the stove, irons, radiators and bath water.
- Keep hot liquids out of reach.
- Check the smoke detector battery once a month.
- Avoid prolonged sun exposure. Use a hat. Use sunscreen regularly (SPF 15-50, “broad spectrum” and “water resistant”).
- Avoid toys with sharp edges, strings, or small parts that may break off. Also avoid necklaces, charm bracelets, and balloons. Keep all small objects out of reach.
- Never shake or spank the baby. Shaking can cause brain damage.
- Poison Control Center phone number: 212 POISONS or 800 222-1222.
- Lower the crib mattress.
- Baby-proof your home. Block the kitchen with a gate.
- Put a lock on the toilet.
- Do not use an infant walker.

Typical Development

By twelve months most babies...

- Pull up to stand.
- Walk holding on to furniture.
- Drink from a cup without a lid, as you hold it.
- Pick up small objects with thumb and forefinger.
- Put something in a container, like a block in a cup.
- Look for things they see you hide like a toy under a blanket.
- Wave “bye-bye”.
- Call a parent “mama” or “dada” or another special name.
- Understand “no” (pauses briefly or stops when you say it).
- Play games with you, like pat-a-cake.

Some babies...

- Imitate.
- Point.
- Take their first steps alone.
- Show fear of strangers.
- Become frustrated sometimes.
- Crawl up or down stairs.

Stimulating Development

- The brain’s development for vision, language, and even for emotional connection with other people, largely takes place in the first 2 yrs.
- Talk, read, sing, play peek-a-boo and pat-a-cake, and laugh with your baby.
- Play music. Look in mirrors.
- Show him colorful books.
- Model loving and caring interactions between adults for your child to witness.
- Keep them away from violence, such as loud arguments or violent video.
- Avoid even “educational” videos and apps.
- Give your child toys with buttons, knobs, and levers.
- Mobile walkers are unsafe and do not help walking skills.

Good Nutrition

- Breast-feeding still provides benefits for babies’ health.
- At 12 months, cow’s milk maybe introduced gradually. Adequate calcium is found in 16 – 20 oz of milk, plus yogurt and cheese. Giving more than 24 oz of milk per day often leads to anemia, which impairs brain development.
- A vitamin with Iron also helps prevent anemia and provides supplemental Vitamin D.
- Give liquids in a sippy cup. City tap water given daily provides adequate fluoride.
- Share table foods with your baby if he is showing interest in your food.
- Fruit juice helps for constipation but has little nutritional value.
- Do not add salt to baby’s food.
- Choking hazards to avoid include hard foods such as nuts, raw carrots, hard candy, and popcorn, as well as softer foods like whole grapes and hot dogs.

Normal Elimination

- Stools may change color, consistency, or odor depending on dietary intake.
- If stools become hard, give more pears, peaches, or prunes, or a few ounces of juice daily.
- Excessive milk is constipating.