

12 Month Visit – Parent Handout

Family Support

- Try not to hit, spank, or yell at your child.
- Keep rules for your child short and simple.
- Use short time-outs when your child is behaving poorly.
- Praise your child for good behavior.
- Play with and read to your child often.
- Make sure everyone who cares for your child gives healthy foods, avoids sweets, and uses the same rules for discipline.
- Make sure places your child stays are safe.
- Think about joining a toddler playgroup or taking a parenting class.
- Take time for yourself and your partner.
- Keep in contact with family and friends.

Establishing Routines

- Your child should have at least one nap. Space it to make sure your child is tired for bed.
- Make the hour before bedtime loving and calm.
- Have a simple bedtime routine that includes a book.
- Avoid having your child watch TV and videos, and never watch anything scary.
- Be aware that fear of strangers is normal and peaks at this age.
- Respect your child's fears and have strangers approach slowly.
- Avoid watching TV during family time.
- Start family traditions such as reading or going for a walk together.

Feeding Your Child

- Have your child eat during family mealtime.
- Be patient with your child as she learns to eat without help.
- Encourage your child to feed herself.
- Give 3 meals and 2-3 snacks spaced evenly over the day to avoid tantrums.
- Make sure caregivers follow the same ideas and routines for feeding.
- Use a small plate and cup for eating and drinking.
- Provide healthy foods for meals and snacks.
- Let your child decide which healthy foods to eat and how much to eat.
- End the feeding when the child stops eating.
- Avoid small, hard foods that can cause choking: nuts, popcorn, raisins, hot dogs, grapes and hard, raw veggies.

Healthy Teeth

- As teeth erupt, use a small amount of fluoride toothpaste (size of a grain of rice) on a toothbrush to clean each tooth.
- Brush your child's teeth twice each day.
- Schedule your baby's first dental visit.
- Stop use of all bottles. Use cup only.

Safety

- The car seat should be rear-facing in the back seat in all vehicles for the first two years of life.
- Remove coat before buckling in car seat.
- Lock away poisons, medications, and lawn and cleaning supplies. Call Poison Help (1-800-222-1222) if your child eats nonfoods.
- Keep small objects, balloons, and plastic bags away from your child.
- Place gates at the top and bottom of stairs and guards on windows on the second floor and higher. Keep furniture away from windows.
- Lock away knives and scissors.
- Only leave your toddler with a mature adult.
- Near or in water, keep your child close enough to touch.
- Make sure to empty buckets, pools, and tubs when done using them.
- If you have a gun, store it unloaded and locked with the ammunition locked separately from the gun.
- Use sunscreen when outdoors. Reapply frequently.

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