

Caring for your child: 12 months

Feeding your child

- Continue breastfeeding as long as it is working well for both of you.
- Give child whole cow's milk or full-fat soy milk to drink. Don't give your child low-fat or nonfat milk until 2 years old, unless their doctor advises you to do so.
- Talk to the doctor about whether your child needs vitamins or other supplements.
- Include your child in family meals.
- Offer a variety of nutritious table foods, such as fruits, well-cooked vegetables, low-sugar cereal, yogurt, whole grain breads and crackers, lean meat, fish, and tofu.
- Do not feed nuts, hard candies, whole hot dogs, popcorn, grapes, raw vegetables, raisins, gum, or seeds. Watch for choking.
- Encourage your child to drink liquids from a cup.
- Limit juice to no more than 4-6 ounces each day. Avoid sodas, chips, fast foods, and sweets.

Practicing healthy habits

- Don't let anyone smoke in your home or car. Smoking around your child increases their risk of ear infections, asthma, and pneumonia.
- Don't put your baby to bed with a bottle or breastfeed at night. Babies at this age don't need to be fed at night. Night feeding can lead to tooth decay.
- Brush your child's teeth after meals and at bedtime every day. It is okay to use a tiny "pea-size" amount of toothpaste when your child is able to spit it out.
- Make sure the doctor or dentist checks your child's mouth at each visit.
- If your drinking water isn't fluoridated, ask the doctor if added fluoride is needed. Fluoride drops may be recommended to prevent tooth decay.
- Take your child for walks.
- Limit TV and video viewing to one hour or less each day.
- Protect your baby's skin from sun exposure with protective clothing and sunscreen (SPF 15 or higher).

Keeping your child safe

- Use a car seat for every ride. Experts recommend keeping your child in a rear-facing car seat for as long as possible. Be sure that it is properly installed in the back seat. For information on choosing the safest seat for your child, call toll-free **1-800-282-5587** or visit **www.800BUCKLUP.org**.
- If you think your child has been poisoned, call Poison Control at **1-800-222-1222** (voice and TDD). Keep the number near your phone.
- Watch your child at all times around water (pool, hot tub, bucket, bathtub). Swimming pools should be fenced on all sides and have a self-latching gate. Make sure your baby is wearing a life jacket at all times when near water.
- Learn the Heimlich maneuver, which is first aid for choking (see other side). Hang drapery and electrical cords out of reach.

Other parenting tips

- Talk, read stories, and play games with your child every day. Show affection by hugging and holding your baby often.
- Remember that fear of strangers is normal at this age.
- When discipline is needed, say "no," then physically move your baby away from a dangerous situation. Don't yell or spank. Be a good role model.
- To distract your child from behavior you don't like, try offering a toy or engaging your child in another activity.

Continued next page

What to do if your child is choking

(for children over one year old)

- If your child is COUGHING, but is also CRYING or SPEAKING, call your health care provider. After hours, call the Consulting Nurse Service at **1-800-297-6877**.
- If your child is CHOKING and CANNOT BREATHE, start rescue efforts and call 911.



The Heimlich maneuver
(first aid for choking)

Step #1: Place thumb side of your fist against middle of abdomen just above the belly button. Grasp your fist with other hand.

Step #2: Give up to 5 quick upward thrusts.

Repeat steps 1 and 2 until object is coughed up, or until child starts to breathe.

If child becomes unconscious, make sure someone has called 911 and start CPR.

To prevent choking, don't let your child have:

- Buttons, marbles, coins, balloons, or other small objects.
- Nuts, hard candies, hot dogs, popcorn, grapes, raw vegetables, gum, raisins, or seeds.

Feeding children 1 to 3 years old

- Give water and juice in a cup, not a bottle.
- Cut your child's food into small bites and give soft, cooked vegetables. Your child's eating skills will improve between 12 and 18 months of age, including biting through food, chewing, and swallowing.

- It is normal to eat less at this age, when your child's growth slows down. Look at what your child eats over a week instead of a day. Often parents can relax once they know how little food children need to be healthy. Use the following as a guide for how much to feed your child.

- Whole cow's milk or full-fat soy milk: 2 to 3 cups per day. More than 3 cups takes the place of other foods. You can start to give your child low-fat cow or soy milk at 2 years of age. Don't give your baby rice milk.
- Fruits and vegetables: 5 servings per day. A serving = 1 tablespoon for every year of life. For example, a 2-year-old will eat 2 tablespoons of fruit or vegetable at every meal, plus 2 tablespoons as snacks.
- Grains: 6 or more servings per day, including bread, cereal, rice, noodles, etc. Choose whole grains whenever possible. One serving is about 3 tablespoons, $\frac{1}{3}$ slice of bread, or 3 crackers.
- Protein foods: 2 servings per day, including meat, fish, poultry, beans, eggs. One serving is $\frac{1}{2}$ ounce, or about 1 to 2 tablespoons. Your child might have an easier time chewing ground meat rather than solid meat.

WEBSITES

- Kaiser Permanente: kp.org/wa
- American Academy of Pediatrics: aap.org

SUGGESTED READING

- *Guide to Your Child's Nutrition*, American Academy of Pediatrics
- *Mommy Made and Daddy Too: Home Cooking for a Healthy Baby & Toddler*, Kimmel et al.
- *Baby & Toddler Food*, Konemann
- *Baby & Child Emergency First-Aid Handbook*, Einzig

Next well-child visit at 15-18 months

Content adapted and used with permission from The Permanente Medical Group Inc., Northern California Regional Health Education.