



Developmental Notes - Twelve Months

Milestones:

At this age, many infants initiate play, demand attention, accept limits, and continually surprise parents in a delightful way with new behaviors, skills, and warm interactions. They display a wide range of socially meaningful behaviors and feelings including: warmth, assertion, exploration, protest, anger, sadness, puzzlement, anxiety and curiosity.

Typical children this age pull to stand, cruise, walk with support and may take a few steps alone. They should bang two blocks together and put one object inside another. They may also say meaningful words besides using "mama" and "dada" correctly.

One year olds demonstrate object permanence, i.e. look for dropped or hidden objects. They play social games, i.e. peek-a-boo, pat-a -cake or "so-big". One year olds may also use a cup.

Safety:

Poison Control Center at 1-800-222-1222

- Remember to childproof your home and have the Poison Control Center phone number posted in your home.
- Tap water should not exceed 120 degrees Fahrenheit.
- Potential poisons should be locked up in cabinets.
- Medicines should not be left on tables or dresser tops.

Time To Wean:

Twelve months is an appropriate age to increase use of the cup and start weaning from the bottle. Offer milk and water in the cup frequently. Start bringing only sip cups on trips out of the house to encourage cup use. Wean the first morning bottle and the evening bottle last.

Diet:

Do not coax or fight with your child to eat. Do not make meal time a battle ground. Children require three to four servings of dairy products per day. A serving may be a cup of milk, a cup of yogurt, a slice of cheese or a cup of calcium fortified juice.

Please remember to avoid the choking foods: peanuts, popcorn, whole hot dogs, M&M's, hard candies, carrot and celery sticks and whole grapes.

Vitamins:

If your child consumes less than six ounces of fluoridated drinking water each day, please ask our physicians regarding supplementary vitamins.

All toddlers require vitamin D to prevent rickets and vitamin D deficiency. Regretfully, breast milk does not provide this essential vitamin. Therefore, all breastfed toddlers, unless they are weaned to at least 33 ounces of vitamin D-fortified formula or milk, require vitamin supplementation with at least 400IU (international units) of vitamin D per day.

Similarly, all non-breast fed toddlers who receive less than 33 ounces of vitamin D-fortified milk or formula, should receive vitamin supplementation with at least 400IU (international units) of vitamin D per day.