



## 12 MONTHS

Happy Birthday to your baby! So much growth and development has occurred and is still on the horizon. Your child might be taking a few steps and gaining confidence on their feet. He is likely continuing to finger feed and it's amazing what they can now pick up with their fine pincer grasp. Continue to be careful and re-evaluate your current baby-proofing methods. It is important to keep bathroom doors closed and toilet seats down as children love water and it takes very little for accidents to occur. You may finally be hearing mama and dada directed at you and possibly a few other words, often hi or bye with a wave.

This is also a good time to introduce cow's milk and wean off the bottle and utilize the sippy or straw cup. This may not happen today and may take time and that is ok. It is most important that your child not be sipping on sugary substances throughout the day and this includes milk. Give milk at one setting, let them drink it, then take the bottle away. This will help prevent cavities in your baby's teeth. It is also a good habit to start wiping off your child's teeth at the end of the day as cavity prevention. Some children do not tolerate cow's milk, discuss this conversion with your doctor as there are many options.

Your child may eat just about anything at this point as long as it isn't a choking hazard. You may feel he will eat anything but prepare yourself for the picky stage. Most kids begin to reject foods. This is very common and doesn't cause nutritional deficiency. Continue to expose and offer but don't force the food. Eventually they will eat a vegetable again, but watch the mindless snacks that tend to find their way into many moments in the day. We don't want to teach our children to eat out of boredom or to soothe emotions. Remember that a child will eat what he needs, typically no more or less!

Sunscreen is safe for children 6 months and older. Remember to reapply sunscreen every 2 hours while in the sun or in the pool. You can use bug-spray for kids over 2 months of age. Bug spray with 10-30% DEET is safe for children, per American Academy of Pediatrics.

Expected development at this age includes walking, saying 1-2 words beyond mama/dada, fine pincer grasp, waving, and stacking 1-2 blocks.

*NEXT CHECK-UP: 15 months*

*VACCINE(S): Pentacel (DTaP, Hib, IPV), Varicella, CBC, Flu (if in Flu season)*