



# APL Bright Futures Handout

## 12 Month Visit



Here are some suggestions from your doctors and Bright Futures experts that may be of value to your family.

### FAMILY SUPPORT

#### Family Support

- Do not 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.
- Distract your child with something he likes during bad 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

#### 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 & APPETITE CHANGES

#### 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 how much to eat.
- End the feeding when the child stops eating.
- Avoid small, hard foods that can cause choking—nuts, popcorn, hot dogs, grapes, and hard, raw veggies.
- Now is a good time to start weaning from the bottle and increase the use of a sippy cup.
- Wean the first morning bottle and the evening bottle last.
- Offer milk and water in the cup frequently throughout the day, and start bringing only the sippy cup on trips out of the house.
- If your child consumes less than 6 ounces of fluoridated drinking water each day, ask about fluoride supplements. Keep in mind that well-water and most bottled waters contain little to no fluoride.
- Any infant who is breastfed or who does not consume 33 ounces or more a day of a vitamin D-fortified milk or formula also requires 400 IU (international units) of a vitamin D supplement per day.

### INFANT DEVELOPMENT

#### Your Changing and Developing Baby

- At this age your baby may initiate play, demand attention, accept limits, and continually surprise you with new behaviors, skills and warm interactions.
- You may witness a wide range of feelings and behaviors such as warmth, assertion, exploration, protest, anger, sadness, puzzlement, anxiety and curiosity.
- Physically your child may pull to stand, cruise, walk with support and may take a few steps alone.

- He may bang two blocks together and put on object inside another.
- Meaningful words may be said aside from using “mama” and “dada” correctly.

### SAFETY

#### Safety

- It is best to keep your child's car safety seat rear-facing until she reaches the seat's weight or height limit for rear-facing use. Illinois law states that you may not switch your child to a forward-facing car safety seat until she is at least 1 year old and weighs at least 20 pounds. The American Academy of Pediatrics recommends keeping your child rear-facing until 2 years old.
- 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.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.

### ORAL HEALTH

#### Healthy Teeth

- Brush your child's teeth twice each day.
- With water only, use a soft toothbrush.
- If using a bottle, offer only water.

**Poison Help: 1-800-222-1222**  
**Child safety seat inspection:**  
**1-866-SEATCHECK;**  
**seatcheck.org**

