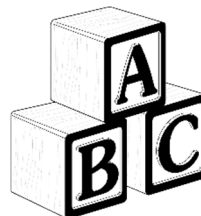


12 months



HEALTH ISSUES

- Supervise all feedings. Offer safe finger foods. Offer healthy snacks, limiting sugars.
- Transition to whole or 2% milk. Stop giving a bottle and use a sipping cup only. No bottle/cup while in bed.
- Avoid direct sun exposure. Use a sunblock - SPF 15-30.
- Continue fluoride supplement if recommended by your doctor.

SAFETY ISSUES

- Your baby should always be in a car seat while riding in a car
- Always keep a hand on your baby when lying on a changing table, bed or sofa.
- Turn the hot water heater in your home down so the hottest water you can get from the faucet is 120 degrees.
- Childproof your home (poisons, medicines, guns, plastic bags, sharp objects, cords, outlets, cigarettes, hot liquids, latches on cabinets).
- Do not keep 5 gallon buckets in your home (to prevent drowning).
- Avoid choke hazards (peanuts, popcorn, hard candy, whole grapes, raisins, carrot sticks, small toy pieces).
- Supervise activities, especially around lawnmowers, large dogs, cars.
- Place crib mattress on lowest setting.

YOUR BABY SHOULD...

- Respond to his or her own name.
- Continue to babble and understand the meaning of a few words.
- Crawl, sit up, cruise (walk holding on) and possibly walking (9-15 months).
- Shake and throw objects, often putting objects in mouth.
- Pick up small objects with fingers; oppose thumb with tip index finger (fine pincer grasp).
- Begin to understand the meaning of "no".

YOU SHOULD...

- Praise your child at every opportunity.
- Talk (in adult manner) and sing regularly to your child and continue to read books to your child.
- Limit the number of rules, but be consistent with them.
- Do not allow hitting, biting or mean behavior.
- Have a bedtime routine and put baby to bed in his or her own room.
- Do not push for early toilet training.
- Start being an example of the type of person you want your child to grow up to be - they are like sponges from this time on, and absorb everything around them !

YOU SHOULD CALL YOUR DOCTOR IF...

- Your baby has any difficulty breathing
- Your baby is more fussy than their usual
- Your baby does not eat several meals in a row
- You have any questions or concerns

After vaccines, it is normal for your baby to ...

- Mild fever
- Mild fussiness
- Mild redness/soreness at the injection site