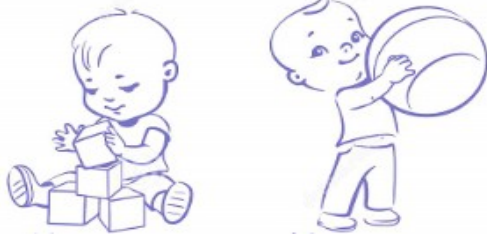


12 months Happy Birthday!



As your baby grows, he or she will learn new things. These are some things you can watch for, and some actions you can take to help your baby learn and be healthy. If you have concerns about your baby's growth or development, talk to his or her doctor.

Visit this link for milestones. <https://tinyurl.com/ufnlfwm>

- Pulls up on objects to stand, walks with help, looks for a dropped item
- Says 2-4 words. Responds to name., imitates sounds like coughing
- Bangs 2 toys together, studies sizes/shapes, imitates some actions
- Can cooperate with dressing. May resist at times. May say no

When your child has regular checkups their doctor is able to track their growth and development and identify concerns. You have a chance to build a relationship of trust with your child's doctor and address your concerns. Immunizations help prevent serious illnesses.

Learn more at <https://tinyurl.com/he2exr9>

- Well child check due at 12 months with immunizations
- Brush teeth and gums with rice sized smear of fluoride toothpaste
- Never put baby to bed with bottle to prevent baby bottle tooth decay
- Call doctor with any questions or concerns

At this age, babies typically sleep about 11 hours at night and take two daily naps that add up to three to four hours. It is important to establish a bedtime routine. <https://tinyurl.com/vuf5b8g>

Use positive forms of discipline such as removing the child from the situation, offering distraction and praise of good behavior.

Baby should never be shaken or handled roughly or yelled at.

Keep your baby safe

- Baby should be alone, in safe crib, when sleeping. Never co-sleep
- Restrict baby from kitchen. Keep pan handles on stove turned inward
- Never leave baby alone while bathing, or anywhere they could fall
- Supervise at all times
- Outlet covers, and gates for stairs are needed
- Keep chemicals and medicines out of reach. Use safety locks on cabinets
- Use sunscreen and insect repellent. Avoid extended sun exposure
- Must be in rear-facing car seat until 2nd birthday <https://tinyurl.com/olvsczo>

Your baby will learn through play

- Read and sing to your child. Name objects and actions
- Talk to your child with short sentences and words
- Offer a crayon or sidewalk chalk to scribble with, blocks to stack, or board books to flip through
- Pick up, cuddle and love your child
- Learn more at <https://tinyurl.com/tdlbtqt>

By now your baby should be eating a variety of different foods and taking an active role at mealtimes by self-feeding and drinking from a sippy cup. She is likely eating around 3 meals, plus 2-3 snacks a day. It's time to introduce whole milk. Your little one needs the extra fat for brain growth. Milk will replace formula. He still needs about 2 cups of milk every day.

Continue to breastfeed as long as you and baby desire.

Wean from the bottle by 15 months. For gradual bottle weaning, it's usually best to cut out a bottle in the middle of the day, followed by the morning and then nighttime bottles. <https://tinyurl.com/y9gflmtj>

Take care of you!

Taking care of baby requires a lot of energy and attention. Especially as he starts to move around more! Take care of baby by taking care of you!

<https://tinyurl.com/tws56xq>

Choose healthy foods

Sleep 7-8 hours each day

Make time to walk or exercise. This can be a fun activity to enjoy with your abby

Enlist a friend or family member to watch baby while you take a break. Teach them how to care for baby safely while you are away



Poison Control Hotline 1-800-222-1222