

6/12/2014 One Year Visit

*Suggested Diet/Feeding Reminders*

Breast milk

16-20 ounces whole milk/day

Meats: 2 servings daily (serving size = one ounce) Keep to low fat meats, using small bite sized pieces.

Meat substitutes: cheese, pinto and kidney beans, egg

Fruits/Veggies: 2 servings of each daily (serving size for fruit: 1/2 small fruit, or 1/4 cup; veggies: 1/4 cup.)

Broccoli, spinach, oranges, strawberries, potato, asparagus, apricots, carrots, squash, peaches are all high in Vitamin C and/or Vitamin A.

Breads/Cereals: 3 servings daily (serving size is 1/2 slice, 1/4 to 1/3 cup of cereals, noodles, or rice.)

Try baby cereals, cream of wheat, malt-o-meal, chunks of potato, tortillas, dried or toasted bread in strips.

Offer the cup! Throw those bottles away!

**Avoid nuts, fruits with seeds, round fruits like grapes, stringy veggies, raw carrots, popcorn, hard candy, gum or hot dogs!**

Supervise mealtimes

Encourage eating with fingers and spoon

Resist sweets for baby.

*Sleep Issues*

Establish and keep a bedtime ritual.

Avoid bedtime bottles!

Keep the mattress in the crib as low as it will go.

*Safety Issues*

Always use an approved and appropriately sized car seat when traveling

Remove breakable objects from reach

Avoid infant walkers.

Cover electric outlets, remove electric cords from reach

Choose toys carefully

*Never leave your baby alone around water, not even for a second*

Remove potential toxins from reach. Poison control: 1-800-222-1222

Set water thermostat to 120 degrees

Use stairway gates

Don't smoke around your baby

Watch out for potential burns!

Driveways and sidewalks are dangerous!—always supervise

*Enjoy!* Baby soon should be able to:

Cruise or walk alone, falling frequently

Climb, getting into everything!

Babble; say 2 or more meaningful words, imitate sounds

Hold a cup

Pick up small objects with index finger and thumb

Show a wide array of socially meaningful behaviors

Play social games (i.e. peek-a-boo, pat-a-cake)

*Discipline*

Praise correct behaviors

Anticipate problems

If baby breaks a rule, remove him/her from the problem area and encourage another activity

Use "no" sparingly, but consistently

Remember that discipline is a form of guiding your child and teaching him/her to gain self control, to respect other's rights, and to live by society's rules. Infants one year of age need reasonable limits set to help them learn what is expected of them, as well as to protect them from harmful situations.

*Immunizations*

Varivax

Hib#3

*Parenting Issues*

Encourage baby to copy sounds.

It's a little too early for successful and consistent toilet training

6/12/2014 One Year Visit

Toys might include: blocks for stacking, picture books, push-pull toys, balls, toy telephone, soft cuddly toys, and naming body parts

Check out daycare centers with close scrutiny.

Excellent resource: *What to Expect the First Year* by Eisenberg, Murkoff, and Hathaway

Parents need playtime, too. Find a competent, trusted sitter with whom baby is familiar.

Always remember that babies need *constant* supervision.

Shoes: need not be expensive. Look for shoes which are flexible, long enough to prevent the toes from being pinched, wide enough so that the forefoot isn't crowded.

Set limits for your baby, consistent and enforced immediately.

