

## Things to Keep in Mind, continued:

- Expect about 6 upper respiratory tract infections per year. Most will not need antibiotics; unnecessary antibiotics may be harmful.
- To set limits and discipline toddlers— use distraction, gentle restraint, removal of object or toddler, and help get them interested in something else.
- Use discipline as a means of teaching and protecting, not as punishing. Toddlers should never be spanked. Use time-out.
- Praise, sing songs and read, hug, cuddle, smile and talk to your child often.
- Reading books to your child helps them learn new words. Encourage them to point to pictures and imitate words.
- Avoid TV and videos.
- Do not allow hitting, biting or other harmful behavior.
- Switch to a toddler car seat in the back seat; car safety seats may face the front beginning at age 1 and when the child weighs over 20 pounds.
- Encourage free play with blocks, toys and stuffed animals or dolls. Play both indoors and outside.



## AT 1 YEAR, YOUR BABY CAN:

- Walk holding on to furniture or may be walking alone; may fall frequently.
- Get into everything— especially cabinets and open closets.
- Hold and drink from a cup, feed themselves (pick up food with their fingers).
- Babble a lot; will say a few words.



AT 1  
YEAR



TO CONTACT YOUR  
MEDICAL HOME:

# 1 YEAR VISIT

Weight \_\_\_\_\_ Length \_\_\_\_\_

## Today's Visit

- You and your provider will talk about your baby's growth and development. Your provider will ask for an update on your baby's health.
- Your baby will have a physical examination.
- Your baby will have a blood test for lead and have their hemoglobin (iron) checked.
- You will fill in a developmental questionnaire about your child's ability to walk, talk and play.
- You will have an opportunity to ask questions.

## Things you may want to discuss:

- Childproofing your home and checking for hazards.
- Family members involved in the toddler's care.
- What you and your partner think about discipline and how to use time-out.
- Your toddler's sleeping, eating and playing patterns.
- Starting your child with a dentist.
- Some things your baby can do now that they couldn't do at the last visit.
- Changes in your family since your last visit.

## Next Visit

### How to prepare:

- Keep track of illnesses and injuries, including visits to other health providers and the emergency room.
- Note changes in your child's eating, sleeping and social behaviors.
- Don't forget to bring your child's Medicaid or insurance card.
- Share what you have learned at today's visit with other family members and caregivers.

### What to expect:

- Your baby will have a physical examination.

## Things to Keep in Mind:

- Continue to keep your child's environment free of smoke.
- Watch your baby closely, especially near dogs, lawnmowers, driveways, garage doors and streets, and when around water, buckets and bathroom.
- Use sunscreen, but also limit your child's exposure to direct sunlight.
- Give your child healthy foods and 2% milk; wean them from the bottle. If using a bottle, only offer water in it.
- Allow your child to experiment with food, but do not force them to eat.
- Feed your baby at family meals and give 2-3 nutritious snacks per day. Encourage self-feeding.
- Keep a regular bedtime.
- Brush teeth 2 times per day using plain water and a soft toothbrush.
- Choose caregivers carefully and limit the number of people providing care.
- Keep all poisonous substances/hazards locked in a safe place and out of baby's sight and reach.
- Do not give child plastic bags, latex balloons or small objects such as marbles or coins.
- Baby's shoes should be flexible, inexpensive and a good fit in both length and width to protect feet from sharp objects and the cold; rigid shoes should be avoided.