



INFANT CARE FROM AGE 12 TO 15 MONTHS

www.northfultonpediatrics.com

770-442-1050

SUGGESTED DIET: The following is an “ideal” diet selected from the four food groups, but recognize that your child will not always eat a “balanced diet” every day.

1. **Milk:** You may stop formula and offer whole milk, 2 to 3 servings (6-8 oz. per serving) per day. One ounce of cheese is equivalent to about 6 oz. of milk. Whole milk is recommended until your child is two years old, unless instructed otherwise.
2. **Meats/Protein:** 2 to 3 Tbl. twice a day. You may use hamburger or bite-size pieces of chicken, turkey, beef, fish, or pork. Other sources of protein include: dairy products, cooked beans, eggs, tofu or 4 ounces of whole milk yogurt. Lentils and eggs are good sources of iron.
3. **Fruits & Vegetables:** 2 servings of each every day, with a serving size being ¼ cup. Fruits may be cut up fresh fruit or canned unsweetened. Vegetables should be soft and cooked without added spices. Frozen are better than canned. Try to pick foods which are high in vitamins A and C (see below). Juice is not necessary. If you choose to give it to your toddler, limit it to no more than 4 ounces per day.
4. **Breads & Cereals:** 2 to 3 servings per day. Examples of servings are 1/4 to 1/3 cup of cereals, rice, pasta or pieces of potatoes.

FEEDING TIPS

- Your child should be learning to drink from a cup. Offer the cup one feeding per day, gradually increasing its use until your child is completely weaned from the bottle between 12 and 15 months.
- Your child can have most of the same foods as the rest of the family; avoid snacks high in fat and sugar such as chips, candy and cookies. Also, try to avoid nuts, fruit with seeds, raw carrots, whole grapes, hot dogs, popcorn, hard candy, gummy candies and gum - all of which can easily be choked on.
- To prevent choking do not give large pieces of food and supervise mealtime. Mealtime should be quiet with minimal excitement, and your child should be seated.
- Excellent sources of vitamin C include: broccoli, spinach, cantaloupe, oranges, strawberries.
- Excellent sources of Vitamin A include: cantaloupe, carrots, squash, spinach and sweet potatoes.
- Your child’s appetite will be decreasing at this time. This is normal and due to a slowing in the rate of growth. Your child may also become a fussy and picky eater. Try to avoid power struggles over food. As long as he or she is getting a variety of food, there is no need for additional vitamins.
- Continuing infant cereal during the second year of life ensures that your child will have adequate iron intake.

SLEEPING

Your child may begin to outgrow a morning nap, but will continue to take an afternoon nap. Continue to place your baby in his crib drowsy, but awake to encourage self-soothing. Night time awakening can reoccur at this age and usually results from separation anxiety. Your baby needs to reassure herself that you are there during the night. This can be a difficult phase for parents. If she awakens during the night, check on safety and comfort, have as little interaction as possible, and quickly leave the room. Usually, the baby will resume her regular sleep patterns within a few weeks. If sleep disturbances occur as a result of weaning or stopping a night bottle, try starting another routine. For example, brush teeth, read stories, cuddle, and kiss good night. The objective is to be consistent in order to provide security for your baby.

ELIMINATION

Bowel patterns may begin to become more predictable. It is still too early to think about potty training primarily because your child’s verbal skills and motor skills are not adequately developed.

DEVELOPMENT/PLAY

Your child can or soon will cruise or walk alone, but expect them to frequently fall, climb, and get into everything. They will also babble and say 2 or 3 words besides Mama and Dada, hold a cup, pick up small objects with the index finger and thumb and try to stack blocks. He or she will be active and constantly on-the-go (no wonder you are tired!). Your toddler will want to be independent and explore, but will still need to be watched constantly. Encourage playing alone and with others. Good choices of games and toys include: blocks for stacking, naming body parts, push-pull toys, balls, and a toy telephone. Books with textures and different objects such as a large button, snap, zipper, etc., increase fine motor skills as well as vocabulary. Simple board books can keep their attention and introduce them to the world of reading.

You may notice that your toddler’s development occurs faster in some areas than others and that the variations change over time. Development follows a similar sequence in all children but the rate of acquisition of skills varies reflecting their individuality. For instance, she may walk at 10 months but only say one or two words; or say 15 words but only be crawling. Both are normal.

The American Academy of Pediatrics strongly recommends protecting the developing brains of children younger than 2 years of age by avoiding screen media (TV/computer/video) altogether. This includes educational material that comes in these forms. Read to your child daily. Go to www.reachoutandread.org/parents.readingtips for advice on reading to a one year old.

DISCIPLINE

This is a way of teaching your toddler to gain self-control, respect other's rights, and learn rules. Because of your toddler's increasing mobility, you must place limits on her behavior to help keep her safe. Periodic use of a playpen or exersaucer can allow you to occasionally get something done, knowing your child is in a safe place. Most one year olds understand the meaning of the word "No", but you must be consistent; i.e. "No" means "No" for the same thing every day. Do not be surprised if your child says "No" back to you. Anticipate problems by moving breakable objects out of reach instead of always saying "No". Ignore temper tantrums due to frustration.

If your toddler breaks a rule, remove him or her from the area and encourage another activity. Avoid slapping the hand or spanking, since children this age cannot understand this action. Remember to praise your toddler and show attention when playing or behaving well rather than misbehaving or crying. Use a time out space with a timer.

SAFETY

- Poisonings are frequent occurrences among toddlers. Children in this age group often eat or drink harmful things because they are simply curious. They do not recognize the danger of many potentially poisonous substances. Poison proof your house! Keep all detergents, soaps, cleaners and medicines locked up and out of reach. Post the **Poison Control** number (**404-616-9000**) by your phone. In case your child ingests medication or poison, call the Poison Control first for instructions. Make sure other caretakers (grandparents, daycare) also have the Poison Control number on hand.
- Be sure purses containing medications are also out of baby's reach.
- Watch out for burns. Turn the handles of pots and skillets away from the stove's edge. Do not leave hot liquids on countertops.
- Beware of objects with small batteries or magnets as these can be very dangerous if swallowed.
- Electrical equipment is a particular danger for your little explorer. Teach your child not to poke things in sockets and not to chew on wires.
- Use gates on all stairways: secure doors leading to stairs, driveways, and pools.
- Never leave your child alone in the bathtub or by a pool.
- Always use an approved car seat. All infants and toddlers should ride in a rear-facing car safety seat in the backseat until they are 2 years old.

FEVER AND PAIN RELIEF:

Please call our office if you have any concerns about your child's temperature. You may treat your child's fever with either of the following:

Tylenol (Active ingredient is acetaminophen)

Advil, Motrin (Active ingredient is ibuprofen)

Your child's next well child care visit should be at 15 months of age.

Additional Resource for Parents

Visit our web site at www.northfultonpediatrics.com

Your One Year Old by Ames and Ilg.

Caring For Your Baby and Young Child: Birth to age 5 by AAP.

www.healthychildren.org

www.chop.edu/service/vaccine

www.aap.org/bookstore

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