



What You Need to Know: 12 Months Old

Feeding and Nutrition

- Offer a variety of healthy table foods diced into small pieces. Avoid giving any large pieces of food, raw carrots or celery, chips, popcorn, nuts, seeds, whole grapes, or hotdogs that may cause choking.
- You may continue to breastfeed your baby after 1 year of age. Continue prenatal vitamins while breastfeeding.
- Introduce whole milk in place of an iron-fortified formula. Your toddler should drink 16-24 ounces of whole milk each day. Too much milk can lead to picky eating and possible iron-deficiency anemia.
- Put the milk in a “sippy” cup instead of a bottle.
- Avoid giving your toddler juice or soda
- Offer meals on a schedule and healthy snacks to avoid grazing.
- Do not force your baby to finish food. If she’s full, she may turn her head or lean back.
- Eat meals as a family if possible - toddlers enjoy the social aspects of eating.

Sleep

The average baby sleeps 12-16 hours (including naps) per day at this age. Most toddlers at this age still take 2 naps per day. Your baby should be sleeping through the night without needing to be fed.

Development/Milestones

- Cries when mom and dad leave
- Hands you a book when she wants to hear a story
- Holds out an arm or leg to help when getting dressed
- Responds to simple spoken requests like “pick up the toy”
- Waves “bye-bye”
- Says “mama”, “dada”, or exclamations like “uh-oh!”
- Tries to say words that you say
- Bangs two things together
- Puts things in and out of a container
- Starts to use things correctly, like drinking from a cup or brushing hair

Safety

- Car seats should remain **rear-facing** until at least 2 years of age. Make sure to adjust the shoulder straps as your child grows. They should be snug against the chest.
- Check your specific car seat for guidelines that it can remain rear-facing safely.
- Keep cleaning products, medications, plastic bags, and small objects away from your toddler.
- Use cabinet locks and outlet covers.
- Keep small objects, balloons, and plastic bags out of your child's reach.
- In case of accidental ingestion or poisoning, or for free poison prevention information, call Poison Control at (800) 222-1222.
- Falls are common in this age group- use safety gates on stairs.
- Use a properly fitted bicycle helmet if you take your toddler on a bike ride in either a trailer or toddler seat.
- Keep knives, scissors, and razors out of your child's reach.
- If you have a gun in the home, make sure it is in a locked safe, unloaded, and separate from ammunition.
- Do not leave standing water. Empty buckets, pools, and tubs after use.
- Do not leave your child in the bathtub alone.
- Never leave your child in the car alone, even for a minute.

Other Things....

- Use a small, soft toothbrush to clean your toddler's teeth every day. You should use a small amount (like a grain of rice) of fluoride toothpaste on the brush.
- Protect from sun exposure with clothing, hat, shade, or an umbrella. Use broad-spectrum, PABA-free sunscreen with at least SPF 30. Reapply frequently.
- Have your toddler's feet properly measured in length and width, buy flexible, non-slip shoes.
- Don't forget to read to your baby. Reading promotes listening and brain development. It also gives you a chance to cuddle and bond with your baby.
- Shaking your baby may cause serious injury or death. Never shake a baby!
- Do not smoke around your baby - it may lead to respiratory problems and allergies.
- If you need help with medication dosing, please check out our website or click [here](#).
- The American Academy of Pediatrics (AAP) recommends keeping all electronic screens off around babies and toddlers younger than 18 months.

Vaccines Given at Your Child's Next Well Visit (15-18 months)

- DTaP
- Pneumococcal
- HIB

Suggested Reading

[“Your Child’s Sleep \(Healthychildren.org\)”](#)

[“Your child, Birth to 5 years \(AAP\)”](#)

[Sample Menu for a One Year Old](#)

Useful Websites

www.canyonviewpediatrics.com

www.cdc.gov/vaccines

www.aap.org

www.seatcheck.org

www.healthychildren.org