



## Toddler Care Tips: 12 Months

### Toddler can:

- Initially, crawl and sit up without assistance. Then pull up and stand. Lastly, begin walking a few steps while holding on to furniture.
- Climb and fall frequently.
- Get into everything, especially under sinks.
- Hold a cup; feed himself finger foods.
- Babble a lot. Say “dada” and “mama”; respond to “no”.
- Play pat-a-cake.

### Safety

- Your toddler learns by exploring the world. Make it safe and give him freedom to explore.
- Watch your child constantly if he is playing outside. Streets and driveways are a big danger. Always check behind your vehicle before backing up.
- Check storage areas for kerosene, solvents, paints, drain cleaners and other poisons. Lock them up, store them up high or throw them away. Children this age can open doors, drawers and bottles.
- Look for knives, scissors, matches, lighters, cigarette butts and small objects your toddler may swallow and move them out of reach.
- Use electric outlet guards and use extension cords only in areas the toddler cannot reach.
- Infants and toddlers should ride in a rear facing safety seat until they are 2 years old or until they reach the highest weight or height allowed by their car seats’ manufacturer.
- Keep him in the backseat (the safest place for children in a car).
- Keep your child out of rooms where hot objects like ovens, space heaters or grills that may be touched if he is trying to walk or pull himself up. He could be burned.
- Do not allow baby to play with items that contain batteries, especially small coin-sized batteries. Batteries can both choke your baby and burn his insides.

### What to Do In Case of Poisoning

- Call Carolinas Poison Control (1-800-222-1222). Tell the center what you think your child has swallowed and how much. You will be told what to do. Don’t give Ipecac unless the doctor tells you.
- Keep the jar, bottle or can that contained the swallowed substance and bring it with you to the doctor’s office or emergency room. The person examining your toddler will want to see it.

### Feeding

Food your toddler needs:

- Whole milk – about 16-24 ounces in 24 hours
- Water
- Juice – no more than six ounces a day

Table Foods – every day baby needs:

- two to three servings of protein such as meat, fish, poultry, eggs and beans
- six to eleven servings of cereal, bread and other grains
- five or more servings of fruits and vegetables (split this three vegetables, two fruits)

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Make an appointment to re-certify your toddler at WIC to receive nutrition counseling and food packages that include 2% or less fat milk, cheese, eggs, cereal, juice, peanut butter/dried beans, fresh, frozen or canned fruits and vegetables.

Let your toddler feed himself. Wean your child to a cup by 12-15 months of age. Continuing a bottle places your child at risk for tooth decay and does not allow your child to develop proper eating habits.

### **Bowels**

Your toddler may show a passing interest in a potty chair, but toilet training is easier if you wait a little longer – when he is about 2 years old or so. For now, let your toddler watch you go to the bathroom.

### **Dental Care**

Brush your toddler's teeth at least two times each day. He will not be able to do a good job until he is much older. You can let your toddler try while you brush your own teeth. Brag on him when he tries. Do not use toothpaste on his brush until your toddler can spit when told to do so. When you use toothpaste on his brush, use only a thin smear you can see through as he may swallow some of it. After your toddler "brushes" his teeth, you will need to brush his teeth again to be sure all the teeth are receiving the proper attention and care. The American Academy of Pediatric Dentists recommends that your child have his first dental visit by age 1. Contact your dentist immediately if your child has an injury that results in a tooth becoming discolored, broken or pushed out of position.

### **Immunizations**

Check with your child's health care provider for information regarding influenza (flu) vaccine. Visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines) for a complete schedule.

### **Sleeping**

At this age, your toddler will be active and on the move all the time. Your toddler will enjoy playing with water but he needs to be watched at all times. Always check bath water to be sure it is warm but not too hot. Your toddler will like soft, cuddly toys, push-pull toys and balls. Helping dust, wipe dishes, pick up and sweep is fun, too.

### **Symptoms of Illness**

Your toddler may be able to tell you when he feels sick or if something hurts. Watch for fever and change in appetite or activity. Toddlers with ear infections often have fever and cold symptoms, not just "playing with their ears."

### **Discipline**

Distract your toddler by giving him something else to do or by removing him from the scene rather than spanking. If your toddler goes back to something that's forbidden, take it away and say "no." Be consistent; "No" means "no" for the same thing every day. You need to set limits for your toddler because he cannot control himself at this age.

### **Lead Screening**

Your toddler should receive his first screening for lead. Lead poisoning can occur if your toddler eats dirt or paint chips. Other ways include eating out of pottery or ceramics with lead glaze, or using folk medicines. Some imported non-glossy, vinyl mini blinds can contain lead, especially those made before 1996. If you live in a home built before 1978, your toddler may be at risk. Ask us for more information about lead.

For more information contact Guilford County Department of Health and Human Services, Public Health Division at 336-641-7777 or [www.myguilford.com](http://www.myguilford.com)