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Well Child Care at 12 Months

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Nutrition

- Now that your child is 1 year old, start using 2% or whole milk instead of formula. If you are ready to wean your child from breast-feeding you can now wean him to whole milk. Your child should be drinking between 10 and 16 ounces of milk per 24 hours. Toddlers need the calories of 2% or whole milk (instead of low-fat or skim) until they are 2 years old. Some children have harder bowel movements at first with whole milk. Now is also the time to begin weaning completely off the bottle and switch to the cup.
- Table foods are best now. Baby food is usually not needed anymore, and generally you should not be making separate dishes for your baby. Toddlers should eat essentially the same healthy diet you eat, avoiding only spicy foods, foods which are less healthy, those which constitute a choking risk or foods which people in your family are allergic to. It is important for your toddler to be eating foods from many food groups (fruits, vegetables, grains, and proteins). Most babies have 3 meals and 1 to 2 snacks each day. Cheese, fruit, and vegetables are all good snacks (try to avoid cookies and crackers). Serve milk at meals (between 3 to 5 ounces).
- Your child will not grow as fast during his second year of life. Your toddler may eat less. Trust his appetite.

Development:

- All children are different. Some have learned to walk before their first birthday. Most 1-year-olds use and know the meaning of words like "mama" and "dada". Pointing to things and saying the word helps them learn more words. Allow your child to touch things while you name them. Be sure to smile and praise your child when he learns new things. Children enjoy knowing that you are pleased that they are learning.
- As children learn to walk they will want to explore new places. This is normal. Watch your child closely.
- Read to your child every day. Children that have books read to them learn more quickly. Choose books with interesting pictures and colors.

Shoes: Shoes protect your child's feet, but are not necessary when your child is learning to walk inside. When your child finally needs shoes, choose a flexible sole tennis shoe or moccasin.

Safety tips:

Avoid Choking and Suffocation

- Avoid foods on which a child might choke (such as candy, grapes, hot dogs, popcorn, peanuts).
- Cut food into small pieces, about half the width of a pencil.
- Store toys in a chest without a dropping lid.

Prevent Fires and Burns

- Practice a fire escape plan.
- Check your smoke detector. Replace the battery if necessary.
- Put plastic covers in unused electric outlets.
- Counter mount heavy objects, like TV's, to the wall to prevent children from pulling it over on themselves.
- Keep hot appliances and cords out of reach.
- Keep all electrical appliances out of the bathroom.
- Don't cook when your child is at your feet.
- Use the back burners on the stove with the pan handles out of reach.
- Turn the water heater down to 120°F (50°C).

Prevent Drowning

- Never leave an infant or toddler in a bathtub alone - **NEVER**.
- Continuously supervise your baby around any water, including toilets and buckets. Keep toilet seats down, never leave water in an unattended bucket, and store buckets turned over.

Avoid Falls

- Make sure windows are closed or have screens that cannot be pushed out.
- Don't underestimate your child's ability to climb.

Prevent Poisoning

- Keep all medicines, vitamins, cleaning supplies, and gardening chemicals locked away or disposed of safely.
- Install safety latches on cabinets.

- Keep the poison center number on all phones.

Immunizations

At the 12 month visit, your child will receive shots. Your child may run a fever and be irritable for about 1 day and may also have soreness, redness, and swelling in the area where the shots were given. A small number of children get a rash and fever 7 to 14 days after these shots. The rashes usually appear on the main body area and last 2 to 3 days. You may give your child acetaminophen drops or liquid suspension to help treat fever and irritability. For swelling and soreness, put a wet, warm washcloth on the area of the shots as often and as long as needed for comfort.

Call your physician if:

- Your child has a rash or any reaction to the shots other than fever and mild irritability.
- Your child has a fever that lasts more than 36 hours.

If your child received either the measles-mumps-rubella (MMR) or the varicella (Chicken Pox) vaccine, please note: A small number of children get a rash and fever 7 to 21 days after these shots. The rashes usually appear on the main body area and last 2 to 7 days. Call your physician immediately if:

- The rash changes to purple spots or water filled blisters.

Call your physician within 24 hours if:

- The rash becomes itchy.
- The rash lasts more than 3 days.

Spoiled Children: Prevention

What is a spoiled child?

A spoiled child is undisciplined, manipulative, and unpleasant to be with much of the time. He behaves in many of the following ways by the time he is 2 or 3 years old:

- Doesn't follow rules or cooperate with suggestions.
- Doesn't respond to "no," "stop," or other commands.
- Protests everything.
- Doesn't know the difference between his needs and his wishes.
- Insists on having his own way.
- Makes unfair or excessive demands on others.
- Doesn't respect other people's rights.
- Tries to control people.
- Has a low tolerance for frustration.
- Frequently whines or throws tantrums.
- Constantly complains about being bored.

What is the cause?

The main cause of spoiled children is lenient, permissive parenting. Permissive parents don't set limits and they give in to tantrums and whining. If parents give a child too much power, the child will become self-centered. Such parents also rescue the child from normal frustrations. Sometimes a child is cared for by a nanny or baby sitter who spoils the child by providing constant entertainment and by giving in to unrealistic demands.

The reason some parents are too lenient is that they confuse the child's needs (for example, for feeding) with his wishes (for example, for play). They don't want to hurt the child's feelings or hear him cry. They may choose the short-term solution of doing whatever prevents crying which, in the long run, causes more crying.

A child's ability to cry and fuss deliberately to get his way usually begins at about 5 or 6 months of age. There may be a small epidemic of spoiling in our country because some working parents feel guilty about not having enough time for their children. To make up for this, they spend their free time together trying to avoid the friction that setting limits might cause.

The difference between giving children the attention they need and spoiling them can be unclear. In general, attention is good for children. However, it can become harmful if it is excessive, given at the wrong time, or always given immediately. Attention from a parent is excessive if it interferes with a child's learning to do things for himself and deal with life's frustrations. Giving attention when you are busy because your child demands it is an example of giving attention at the wrong time. Another example is when the child is throwing a tantrum and needs to be ignored. If attention is always given immediately, your child won't learn to wait. Holding and cuddling are a form of attention that some parents worry about unnecessarily. Holding babies is equivalent to loving them. In many cultures, parents hold their babies much more than we do in this country. Lots of holding does not spoil a child.

What could happen?

Without changes in child-rearing, spoiled children run into trouble by the time they reach school age. Other children do not like them because they are too bossy and selfish. Adults do not like them because they are rude and make excessive demands. Eventually spoiled children become hard for even their parents to love them because of their behavior. Because they don't get along well with other children and adults, spoiled children eventually become unhappy. They may show decreased motivation and perseverance in their school work. There is also an association with increased risk-taking behaviors during adolescence, such as drug abuse. Overall, spoiling a child prepares a child poorly for life in the real world.

How do I prevent my child from becoming spoiled?

1 Provide age appropriate limits and rules for your child.

Parents have the right and the responsibility to take charge and make rules. Adults must keep their child's environment safe. Age-appropriate discipline must begin by the age of crawling. Hearing "no" occasionally is good for children. Children need external controls until they develop self-control and self-discipline. Your child will still love you if you say "no" to him. If your kids like you all the time, you're not being a good parent.

2 Require cooperation with important rules.

Your child must respond properly to your directions long before he starts school. Important rules include staying in the car seat, not hitting other children, being ready to leave on time in the morning, going to bed on time, and so forth. These adult decisions are not open to negotiation. Do not give your child a choice when there is none.

Give your child a chance to decide about such things as which cereal to eat, which book to read, which toys to take into the tub, and which clothes to wear. Make sure your child understands the difference between areas in which he has choices and areas in which he does not. Try to limit your important rules to no more than 10 or 12, and be willing to take a firm stand about these rules. Also, be sure all of your adult caretakers enforce your rules consistently.

3 Expect your child to cry.

Distinguish between your child's needs and wishes. Needs include relief from pain, hunger, and fear. In these cases, respond to crying immediately. Other crying is harmless and usually relates to your child's wishes. Crying is a normal response to change or frustration. When crying is part of a tantrum, ignore it. Don't punish your child for crying, call him a cry-baby, or tell him he shouldn't cry. Avoid denying him his feelings, but don't be moved by his crying. There are times when you will have to withhold attention and comforting temporarily to help your child learn something that is important (for example, that he can't pull on your hair or earrings). Provide extra cuddling and enjoyable activities when he is not crying or having a tantrum.

4 Do not allow tantrums to work.

Children throw temper tantrums to get your attention, to wear you down, to get you to change your mind, and to get their own way. Crying is used to get you to change your "no" to a "yes". Tantrums may include whining, complaining, crying, breath-holding, pounding the floor, shouting, or slamming a door. As long as your child stays in one place and is not too disruptive or in a position to hurt himself, you can safely ignore him during a tantrum. By all means, don't give in to tantrums.

5 Don't overlook discipline during quality time.

If you are a working parent, you will want to spend part of your free time each day with your child. This time needs to be enjoyable, but also reality-based. Don't ease up on the rules. If your child misbehaves, remind him of the limits. Even during fun activities, you need to enforce the rules.

6 Don't start democratic child-rearing until your child is 4 or 5 years old.

Don't give away your power as a parent. When your child reaches the age of 2 years, have rules, but don't talk too much about them. Toddlers don't play by the rules. By age 4 or 5, your child will begin to respond to reason about discipline issues, but he still lacks the judgment necessary to make the rules. During the elementary school years, show a willingness to discuss the rules. By age 14 to 16, an adolescent can be negotiated with as an adult. You can ask for his input about what limits and consequences are fair (that is, rules become joint decisions).

The more dramatic a parent is during a child's first 2 or 3 years, the more demanding the child tends to become. In general, young children don't know what to do with power. Left to their own devices, they usually spoil themselves. If they are testing everything at age 3, it is abnormal and needs help. If you have given away your power, take it back (that is set new limits and enforce them). You don't have to give a reason for every rule. Sometimes it is just because "that's the rule".

7 Teach your child to cope with boredom.

Your job is to provide toys, books, and art supplies. Your child's job is to use them. Assuming you talk and play with your child several hours a day, you do not need to be his constant playmate. Nor do you need to always provide him with an outside friend. When you're busy, expect your child to amuse himself. Even 1-year-olds can keep themselves occupied for 15 minutes at a time. By age 3, most children can entertain themselves about half the time. Sending your child off to "find something to do" is doing him a favor. Much good creative play, thinking, and daydreaming come from coping with boredom. If you can't seem to resign as social director, consider enrolling your child in a play group or preschool.

8 Teach your child to wait.

Waiting helps children learn to deal with frustration. Delaying immediate gratification is something your child must learn gradually, and it takes practice. Don't feel guilty if you have to make your child wait a few minutes now and then (for example, when you are talking with others in person or on the telephone). Waiting doesn't hurt a child as long as it isn't excessive. His perseverance and emotional fitness will be improved.

9 Don't protect your child from normal life challenges.

Changes such as moving and starting school are normal life stresses. These are opportunities for learning and problem solving. Always be available and supportive, but don't help your child with situations he can handle himself. Overall, make your child's life as realistic as he can tolerate for his age, rather than going out of your way to make it as pleasant as possible. His coping skills and self-confidence will benefit.

10 Don't over praise your child.

Children need praise, but it can be overdone. Praise your child for good behavior and following the rules. Encourage him to try new things and work on difficult tasks, but teach him to do things for his own reasons too. Self-confidence and a sense of accomplishment come from doing and completing things that he is proud of. Praising your child while he is in the process of doing something may cause him to stop at each step, expecting more praise. Giving your child constant attention can make him praise-

dependant and demanding. Avoid the tendency (especially common with the first-born) to over praise your child's normal development.

11 Teach your child to respect the rights of adults.

A child's need for love, food, clothing, safety, and security obviously come first. However, your needs are important too. Your child's wishes (for example, for play or an extra bedtime story) should come after your needs are met and time allows. This is especially important for working parents where family time is limited.

Both the quality and quantity of time you spend with your child are important. Quality time is time that is enjoyable, interactive, and focused on your child. Children need some quality time with their parents every day. But spending every free moment of your evenings and weekends with your child is not good for your child or for you. You need a balance to preserve your mental health. Scheduled nights out with your spouse or friends will not only nurture your adult relationships, but also help you to return to parenting with more to give. Your child needs to learn to accept separations from his parents. If he isn't taught to respect your rights, he may not learn to respect the rights of other adults.

When should I call my child's health care provider? Call during office hours if:

- You feel your child is becoming spoiled.
- You and your spouse often disagree on discipline.
- Your child doesn't improve 2 months after you have tightened up on the limits you set.
- You have other questions or concerns.

Home Water Hazards for Children

Each year young children drown in swimming pools, other bodies of water, and standing water around the home:

- Bathtubs, even with baby bathtub "supporting ring" devices
- Buckets and pails, especially 5-gallon buckets and diaper pails
- Ice chests with melted ice
- Toilets
- Hot tubs, spas, and whirlpools
- Irrigation ditches, post holes, and wells
- Fish ponds

Children must be watched by an adult at all times when in or near water. Children may drown in an inch or 2 of water. Stay within an arm's length of your child.

Other safety activities include the following:

- Empty all buckets, pails, and bathtubs completely after each use - do not leave them filled and unattended.
- Keep young children out of the bathroom unless they are closely watched. Teach others in the home to keep the bathroom door closed. Install a hook and eye latch or doorknob cover on the outside of the door.
- Never leave a child alone in a bathtub or in the care of another child, even for a moment.
- Use a rigid, lockable cover on a hot tub, spa, or whirlpool, or fence in all 4 sides as you would for a swimming pool.
- Set your water heater thermostat so that the hottest temperature at the faucet is 120°F to avoid burns.
- Throw away or tightly cover water or chemical mixtures after use.
- Watch children closely when they are playing near wells, open post holes, or irrigation or drainage ditches. Fill in empty holes or have fences installed to protect your child.

The Child as Passenger on an Adult Bicycle

A young passenger on an adult's bike makes the bike unstable and increases the breaking time. A mishap at any speed easily attained during casual riding could cause significant injury to the child. Following these guidelines decreases, but does not eliminate, the risk of injury. Preferably children should ride in a bicycle-towed child trailer.

1. Only adult cyclists should carry young passengers.
2. Preferably ride with passengers in parks, or on bike paths, or on quiet streets. Avoid busy thoroughfares and bad weather, and ride with maximum caution and at a reduced speed.
3. Infants younger than 12 months are too young to sit in a rear bike seat and should never be carried on a bicycle. Do not carry infants in backpacks or front packs on a bike.
4. Children who are old enough (12 months to 4 years) to sit well unsupported and whose necks are strong enough to support a lightweight helmet may be carried in a child-trailer or rear-mounted seat.
5. A rear-mounted seat must
 - a. Be securely attached over the rear wheel
 - b. Have spoke guards to prevent feet and hands from being caught in the wheels
 - c. Have a high back and a sturdy shoulder harness and lap belt that will support a sleeping child
6. A lightweight infant bike helmet should always be worn by a younger passenger to prevent or minimize head injury. Small Styrofoam helmets that meet Consumer Product Safety Commission (CPSC) standards are available.
7. The child must be strapped into the bike seat with a sturdy harness.
8. Remember, the risk of serious injury still exists when you carry a young child on your bicycle.

Next Visit: Your child's next visit should be at the age of 15 months. Bring your child's shot card to all visits.

Choking/CPR for children 1 to 8 years of age ... If alone with a child who is choking ...

1. Shout for help. 2. Start rescue efforts for 1 minute. 3. Call 911 or an emergency number

You should start first aid for choking if...

- The child cannot breathe at all (the chest is not moving up and down).
- The child cannot cough, talk, or make a normal voice sound.
- The child is found unconscious. (Go to CPR.)

DO NOT start first aid for choking if...

- The child can breathe, cry, talk or make a normal voice sound.
- The child can cough, sputter, or move air at all. The child's normal reflexes are working to clear the airway.

CHILD CHOKING

Begin the following if the child is choking and is unable to breathe. However if the child is coughing, crying, speaking, or able to breathe at all, DO NOT do any of the following, but call the pediatrician for further advice.

CONSCIOUS

FIVE QUICK INWARD AND UPWARD THRUSTS just above the naval and well below the bottom tip of the breastbone and rib cage (modified Heimlich maneuver).



If the child becomes unconscious begin CPR



CHILD CPR (Cardiopulmonary Resuscitation)

To be used when child is **UNCONSCIOUS** or when breathing stops.

1 OPEN AIRWAY

- **Look** for movement of chest and abdomen.
 - **Listen** for sounds of breathing.
 - **Feel** for breathe on your cheek.
 - **Open** airways as shown.
 - **Look** for foreign object in the mouth.
- If you can see an object in the child's mouth, sweep it out carefully with your finger. Do not try a finger sweep if the object is in the child's throat, because it could be pushed further into the throat.



2 RESCUE BREATHING

- **Position** head and chin with both hands as shown.
- **Seal** your mouth over child's mouth.
- **Blow** enough air to make child's chest rise and fall 2 times.



2A HEALTH CARE PROFESSIONALS ONLY:

- Use abdominal thrusts to try to remove an airway obstruction.
- Continue steps 1, 2, and 2A until the object is retrieved or rescue breaths are effective.
- Assess pulse before starting CPR.)

If no rise or fall, repeat 1 & 2. If still no rise or fall, continue with step 3 (below).

3 ASSESS RESPONSE

- Place your ear next to the child's mouth and look, listen and feel for **normal breathing** or **coughing**.
- Look for **body movement**. If you cannot see, hear, or feel signs of normal breathing, coughing, or movement, start chest compressions.



4 CHEST COMPRESSIONS

- **Compress** chest 1" to 1½".
 - **Alternate** 5 compressions with 1 breath.
 - **Compress** chest 100 times per minute.
- Press with the heel of 1 hand on the lower half of the chest. Lift fingers to avoid ribs. Do not press near the bottom tip of the breastbone.



Be sure someone calls 911 as soon as possible, and by 1 minute after starting rescue efforts.