

# mmpc pediatrics

## 1 YEAR CHECK

Weight \_\_\_\_\_ Height \_\_\_\_\_ Head Circumference \_\_\_\_\_

Can you believe a whole year has passed by and you now have a 1 year old! Your baby is active and mobile now. With that mobility comes access to more dangers...so make sure you are well baby-proofed, and access to more germs...so expect more sickness in this second year.

### Development:

By now, your babe is generally pulling up on furniture, cruising along it, and may have even started walking. Not all kids are walking at 12 months of age...and in fact, only about half are, so try not to compare to other babies (we know this is hard), and we will let you know if there is reason for concern.

Verbally, your child should be starting to babble. She may be saying mama, dada, or baba. or even bye bye. Over the next year her receptive language skills will be moving faster than her expressive language skills. This means that she will understand more than she will be able to say. When she shows interest in an object, repeat the name of that object to her. Most children begin to communicate by pointing and grunting. Once she knows the name of that object, encourage her to use that name when requesting it. Repeating it for her may help. By far, the best way to foster good language skills in your child is to read to her...often!

### Feedings:

Most children have transitioned to table foods by now, but don't worry if your baby still prefers some baby food. Babies are also transitioning from the bottle or breast to milk (Vitamin D whole milk is recommended) Parents often get stressed that their children are not getting enough of the proper nutrition with these transitions...but don't worry!

Here are a few pointers to guide you along the way:

1. Your child may eat as much or as little as she needs on any given day and this should be decided by her, not you. Her appetite and growth velocity will vary from day to day. Some days she may have 1 or 2 good meals, the others, she may only pick at her food and this is normal.
2. She will consume the calories she needs during the day, no matter how they are distributed, whether at snacks or meals. So provide healthy options, and you can't go wrong. If she eats a good snack, but little dinner, that is fine. Think of nutrition over the course of a week, not a day. Some days he will prefer starches, some days, fruits, and that is fine.
3. Try to avoid foods with a lot of simple sugars including juice, candy, fruit snacks or fruit roll ups, sugar cereals, cake, cookies, and ice cream. If she is at a stage where she is not eating much (again, this is normal) do not give her unhealthy foods just to get her to eat.
4. As your child transitions to Vitamin D whole milk, do not give him more than 20 ounces a day as they will fill up on the milk, and will not be hungry for other important nutritional foods. There is no minimum requirement for the amount of milk per day as it is not required for proper nutrition. (We simply recommend that you keep an eye on total calcium intake)
5. Set a good example. Children learn far more from what we do than what we say.

We recommend transitioning off of bottles to any other type of cup (sippy, straw, etc.) by age 15 months. Children will not take as much milk as when taking a bottle and this is fine. As we mentioned, too much milk interferes with their appetite, and can also cause constipation and anemia (low iron count). Some children do not tolerate or like milk, so they can then get those nutrients from fruits, vegetables, and other dairy, grains or meats. Some babies transition easily, and some are more attached to their bottles. For those who have a more difficult time transitioning, we generally advise taking away 1 bottle at a time, and replacing it with a sippy cup filled with milk or water. The morning and before bedtime bottles are the most difficult to get rid of. Once you have successfully transitioned off the bottle, do not go back, even if your child is sick or extra fussy. This will make it significantly more difficult to transition again.

Vitamins are not necessary if your child has a well-rounded diet. If your child is quite picky, however, a liquid vitamin like poly-vi-sol with iron can help.

**Sleep:**

Most children will go through a phase where they will fight sleep because they don't want to miss any of the action. You need to go through the same bedtime ritual each night to calm her down and let her know that it is her bedtime. Be firm and consistent with putting her in her crib for sleep and leaving her there. If she learns that it is pointless to fight going to sleep, she will give up the fight and transition to a good night's sleep. She might have a difficult time getting to sleep if she has had a particularly busy day or did not get a nap. Remember...tired=wired and this makes bedtime more of a challenge. Sometime in the next 6 months or so, he will likely transition to one nap. You may notice that he simply won't seem tired or go down for his normal nap. He may go back and forth between one nap and two for a few weeks, then settle on one longer nap per day, usually after lunch.

**Behavior:**

The world is one big experiment to a 1 year old, and you, his parents, are a key part of this experiment. How you react to his actions is very important. At one level, the remainder of his childhood years are spent testing you (the tests just get more sophisticated as your child gets older). But up until your child is 2, ignoring and distracting are your best discipline methods.

1. Ignoring: The more strongly you react to him the more you will reinforce the action. For example, if he is crawling over the the TV to play with it, he will look back and see how you are reacting. If you react strongly with a loud "NO" and run over and pick him up, then you have just turned the TV into a "mommy/daddy jump button" He now associates the TV with the ability to control the external world (you). Remember that "No" to a one year old means "Do it really quickly before someone grabs me". A better way to deal with the situation is to unplug the TV and let her play with it for a minute or 2 and if he looks back for your reaction, ignore him. If he gets no reinforcement for that action, the action will stop. By the same token, you want to reward a desired action. For example, praise him or give him a hug for playing nicely with his toys.
2. Distraction: Some actions cannot be ignored so you use the distraction technique. She may hate diaper changes, for example, and giving her a toy, or better yet, something she doesn't usually play with, may keep her occupied long enough to get the job done. You will need to get more creative with your distraction technique as she gets older, as the same thing rarely works more than a few times.