

Your One Year Old



Development

Your child will be crawling, scooting, and may be walking alone or with assistance. He or she can pull themselves to standing (watch those cribs!). Language is progressing – your baby will be saying “mama” and “dada” with meaning, can understand “no”, and may develop 1-3 more words. She/he can shake her head “no” and say “uh-oh”! They can understand simple commands- “come to me” / “give me the ball”. Games such as “peek-a-boo” are popular with this group, as are picture books, music, and imitating adults. One year olds are learning to feed themselves and use a sippy cup – it’s time to start weaning the bottle! Your child is exploring through play – banging things together, shaking, throwing, and dropping. Your baby is learning about love and trust – cuddle with your child, offer praise and affection to nurture your bond.

Feeding

Offer a variety of feeds. Now is the time to switch to whole cow’s milk (20-24oz per day). Meals should be offered three times a day, and consist of fruits, vegetables, iron-fortified cereals, meats, whole grains, and dairy. Small healthy snacks may be offered in between meals. Keep foods finely chopped to avoid choking. There is no evidence that delaying potential allergy inducing foods (such as nuts, peanuts, and shellfish) decreases allergic reactions. It is therefore okay to gradually try these foods one at a time. Limit juice and sweets – they are not necessary at this age.

Parenting Challenges

Obstinacy is normal at this age. Be consistent and set limits. Promote self-esteem through positive reinforcement. Avoid saying “bad boy” or “bad girl” – focus on the behavior. Redirection works wonderfully at this age. Temper tantrums are emerging – acknowledge that they are upset and then ignore the behavior (making sure that they are safe first...) Stranger anxiety is common at this age. Don’t worry about toilet training! It’s too soon.

Safety Is Our Main Concern

Your child is more mobile these days, so child proofing the environment is even more important. Safety latches should be on all cupboards containing cleaning supplies or chemicals, sharp objects, or choking hazards. Use gates with straight top edges and rigid mesh screens. Hanging table cloths should be kept out of reach, as well as cords for window blinds. To protect against choking, watch for toys with small parts (think buttons, eyes) and remove strings from hoods and other clothing. Never leave your baby alone in the bath, and be sure to keep the water heater set below 120°F. Use flame – resistant bedding and bed clothes. Shoes are now needed to protect against injuries – flexible tennis shoes are fine. Recheck your baby’s car seat – is it adequate? We now recommend keeping the child rear-facing until 24 months of age. Your rear facing child will have flexed/bent legs – this is okay and still safest for this age. Keep the number for poison control near the phone – 1-800-222-1222 and NEVER give your child Ipecac or activated charcoal. Remove standing water from the yard, like buckets or flower pots – these can be drowning hazards.

Immunizations

Once again, you have decided to protect your baby with the recommended vaccinations! Today he/she will receive the Measles/Mumps/Rubella, Hepatitis A, and Varicella vaccines. As with all vaccines, a low grade fever (under 101°) or discomfort can occur. These can be treated with acetaminophen (Tylenol). Please call our office with any fever over 101°, sustained crying longer than 3 hours, rash, or if your child becomes pale or limp.

Appointment hours:

Monday 9:30 AM-8:00 PM
Tuesday, Wednesday & Thursday 9:30 AM- 8:00 PM
Friday 9:30 AM-5:00 PM
Sat 9:00AM – 1:00PM Sun 8:00AM – 12:00PM
Sick Walk-In Hours – Mon – Fri 8:00 AM – 9:30 AM
**** Please note there are no walk-in sick hours on
Saturday or Sunday****



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