

Age: 12 Months

HEALTH TRACKS

A Newsletter from Caring Connections and Otter Tail County Public Health



Greetings!

Your baby will soon be one year old! Congratulations on all your patience, guidance, and love that has helped your baby grow and develop this past year.

Your Child's Health Care



If your baby's shots have all been given on schedule, at 12-15 months your baby may need:

- Hepatitis B Vaccine (if not given earlier)
- HIB Vaccine
- MMR Vaccine
- PCV-7 Vaccine (Pneumococcal)
- Polio Vaccine (if not given earlier)
- Varicella Vaccine (Chickenpox)
- Hepatitis A

Your Growing Child



In the next few months you will notice your baby doing some of the following:

- use more words
- walk a few steps independently or holding on with one hand or may walk well
- eat foods with fingers
- use a cup and a spoon
- may be able to help undress
- recognize names of familiar people, objects and body parts
- take 1-2 naps a day

Even at this age, your baby may show fear with unfamiliar people.

Remember: Premature infants may develop more slowly. Be sure to call your healthcare provider if you have any concerns.

Safety Check



Many children are hurt in accidents at this age. Please follow these guidelines:

- √ always use an approved car safety seat - your child may now face forward in her car seat if she is over 20 lbs.
- √ never leave hot food within child's reach
- √ always keep the sides of the crib up
- √ keep household cleaners and medicine in high places or in a locked cabinet
- √ never call medicine "candy"
- √ keep the poison control phone number by the phone (1-800-222-1222)
- √ use gates to keep child away from stairways
- √ use safety latches on cupboard doors and drawers
- √ cover electrical outlets
- √ never leave child alone near water - this includes when he is in the bathtub
- √ outdoor play requires your constant watch to prevent accidents and wandering away
- √ keep guns unloaded, locked up and out of reach
- √ never leave your baby alone in the car
- √ keep crib mattress at lowest setting
- √ learn CPR

Activity Tips

- ❖ Let your baby help you clean up. Play "feed the wastebasket" or ask her to give items to you. She will start to do a lot of imitating the next 3 months.
- ❖ Encourage language by using words correctly and repeating them to your child.