



# 1-Year Handout

## 1-YEAR DEVELOPMENT QUESTIONS

1. Can your baby pull herself to a standing position and stand alone?
2. Does your child say any words (mama, dada, or others)?
3. Does your baby feed herself using her fingers, grasping food between her thumb and finger?
4. Can your baby play peek-a-boo or pat-a-cake?
5. Is your child starting to understand a few words when you talk?
6. Will your child wave bye-bye?
7. Is your child developing more social interactions?
8. Can your child hold a cup and drink?
9. Is your child pointing to things?
10. Does your child look for a dropped object?

## LEAD EXPOSURE QUESTIONS

1. Does your child live in or regularly visit a house built before 1978 with peeling or chipping paint?
2. Does your child live in or regularly visit a house built before 1978 with recent or ongoing remodeling?
3. Does your child have a brother, sister, housemate, or playmate who has had lead poisoning?
4. Does your child live with an adult whose job or hobby involves exposure to lead (such as plumbing, furniture refinishing, pottery, or auto repair)?

## TUBERCULOSIS QUESTIONS

1. Has your child been exposed to a person with known or suspected tuberculosis?
2. Has your child lived in a high-risk area such as Asia, Africa, the Middle East, or Latin America?
3. Does your child have contact with a person who regularly visits a high-TB-risk country?
4. Does your child have contact with institutionalized persons, HIV-infected people, or drug users?

## FEEDING

Now that your child is 1 year old, you may start using whole milk instead of formula or breast milk. (If you're breastfeeding, we encourage you to breastfeed as long as you want, because your baby is still benefitting from the breast milk.) Babies need whole milk (instead of low-fat or skim) until they're 2 years old. Some babies have harder bowel movements at first with whole milk; increasing their fruits and vegetables, as well as offering more water to drink, can help. Now is also the time to wean completely off the bottle and switch to the cup. At this age children should be drinking 16 to 24 ounces of milk a day,

or less if they're eating a lot of other dairy products (yogurt, cheese, etc).

Most babies can be switched from baby foods to table foods at this age. Offer three meals a day, as well as 1 to 2 snacks as desired. Children don't grow as fast during the second year of life. Your baby may not eat as much as he used to. Trust your baby's appetite. If food is offered, he won't go hungry. It's the child's job to decide how much he wants to eat, and the parent's job to be sure they eat the right kinds of things. It is okay to try small amounts of peanut butter, fish and honey. Be careful of foods that can cause choking hazards such as nuts, raw vegetables, olives and hot dogs.

For more information on transitioning to solid foods, see the Doctor's Notes page on our web site, which includes a whole section on Food & Nutrition.

## DEVELOPMENT

All babies develop differently. Some babies have learned to walk before their first birthday, while others may not be ready for a few more months. Most 1-year-olds know the meaning of words like "mama" and "dada." Pointing to things and saying the word for them helps babies learn more words. Allowing children to touch things while you repeat the word also helps them learn new words. Reading with your child is another way to help encourage language development. Be sure to smile and praise your child when she learns new things. Babies enjoy knowing that you're pleased that they're learning. Continue to interact, sing, talk, and read to your child.

Continue to help prevent behavior problems by setting limits for your child. It's important to be consistent. Children can be easily confused when they receive mixed signals, and do much better when they're told consistently what's right and wrong. When your child tries to do something dangerous, tell him "NO" firmly but gently, and remove him from the dangerous situation. With time, this will help teach him what kinds of things to avoid. Praise good behavior. Discourage hitting, biting, aggressive behavior - set limits by using distraction.

## DENTAL CARE

As your baby gets new teeth, be sure to clean them once or twice a day. At this age, cleaning them with a clean wet washcloth is all that's needed. It's OK if you want to use a toothbrush; just be sure it's soft-bristled. No toothpaste is necessary. If you don't have fluoride in your water supply, please inform us so we can give your child supplemental fluoride. This is also a good time to continue weaning off bottles and pacifiers. And, as always, no food or drink in bed!

## SAFETY TIPS

### Avoid Choking and Suffocation

- Avoid foods your child could easily choke on (candy, hot dogs, popcorn, etc.).
- Cut food into small pieces, about half the width of a pencil.

- Store toys in a chest without a dropping lid.
- Keep dangling cords (drapes, electrical) out of reach.
- Many local hospitals, as well as the Red Cross, offer CPR classes that can teach you how to help a choking baby, as well as infant and child CPR.
- Anchor heavy furniture/TV to walls.

### **Prevent Fires and Burns**

- Check your smoke detector (replace the batteries if necessary) and practice a fire escape plan.
- Put plastic covers in unused electrical outlets.
- Keep hot appliances and cords out of reach.
- Keep all electrical appliances out of the bathroom.
- Don't cook with your child at your feet.
- Use the back burners on the stove, with pan handles out of reach.
- Turn your water heater down to 120 degrees F.
- Use sunscreen if your child will be outside playing. We recommend an SPF of at least 30.

### **Prevent Drowning**

Never leave an infant or toddler alone in a bathtub. Continuously watch your child around any water, including toilets and buckets. Keep toilet seats down and store buckets upside down.

### **Avoid Falls**

- Make sure windows are closed or have screens that cannot be pushed out.
- Use gates on stairs. Be sure they fit snugly; babies can use enough force to dislodge a loose-fitting one.
- Be careful with expandable gates - be sure the release mechanism's side is on the outside, away from the baby, so they have a harder time releasing the gate.
- Playpens are excellent islands of safety when you need to put the baby down and turn your attention elsewhere for a few minutes.
- Don't underestimate your child's ability to climb.

### **Prevent Poisonings**

Keep medicines, vitamins, cleaning supplies, and gardening chemicals locked away. Install safety latches on cabinets. Keep the **Poison Control Center** phone number, **412-681-6669**, on all phones.

### **Firearm Safety**

Keep guns locked, unloaded, and ammunition stored separately.

### **Passive Smoke Exposure**

We also caution against passive smoke exposure of any kind. Our recommendation for the health of your baby is no smoking. The more smoke your child is exposed to, the higher her chance of developing more colds, lung infections, ear infections, allergies, asthma problems, and cancer. The best thing for your child's health is for you not to smoke at all. Even if you don't smoke near your child, chemicals from smoking stay with you on your clothes and on your body. If you must smoke, smoke outside the house, never inside or in the car. Even if your child is in another room or not in the car at the moment, she will still be exposed to lingering, harmful chemicals later.

## WALK-IN HOURS

We offer no-appointment necessary Walk-In Hours, all offices:

**Weekday Mornings, 8:15 to 9:30am** at Pleasant Hills and Squirrel Hill/Greenfield

**Weekday Evenings, 6:30pm to 8:00pm**

Monday, Tuesday, Wednesday at Pleasant Hills

Monday and Thursday at Squirrel Hill/Greenfield.

**All Day, Every Week Day** at Cranberry/Seven Fields

These hours are to address routine health problems such as sore throat, cold symptoms, fever, rash, and ear pain. They are not designed to evaluate chronic problems. If your child is older than 4 months and has had symptoms fewer than 3 days, you can be seen on a first-come, first-served basis.

## QUESTIONS & CONCERNS

If you feel you need additional advice between regular check-ups, you can post questions to our Facebook page or telephone us during office hours. Facebook, where we answer questions sometimes as quickly as in a few minutes, is a great place to ask about general, non-pressing issues. For more detailed and pressing health issues, it's best to call. Either way, we're always happy to provide counseling and guidance. (It's both our job and our pleasure!)

When calling after office hours, your call will be answered by an answering machine. If you have a concern that can't wait for regular office hours, please leave your name, your child's name (with spelling), and your phone number, and we'll return your call usually within an hour or so. If you have an emergency that requires an ambulance or paramedics, call 911 *first*. If you have an emergency that can't wait for a call back and need to have the doctor urgently paged (such as seizures, respiratory illness with labored breathing, suspected dehydration, or similar conditions), the recorded message will give you the answering service's phone number, and they can reach the doctor on call for the emergency.

## AND REMEMBER...

We have a wonderful, 24/7/365 resource for parents at our **Kids Plus Facebook Page**. Like us on Facebook, and follow along with our great Kids Plus Social Media Community!

*We look forward to seeing you at your 15-Month Well Visit!*

