



## Forms:

Complete and print them for your upcoming appointment:

[Lead Screening](#)

[Tuberculosis Screening](#)

## Vaccines:

We recommend the following vaccines for parents and ALL caregivers of infants:

### Proquad (contains):

[MMR](#)

[Varicella](#)

[Hepatitis A](#)

## 12 MONTHS OLD

### FAQ

*I feel like my toddler eats very little at times and a lot at other meals. Is this normal?*

A toddler frequently eats a large amount at one meal and very little at the next. However, hunger guides him and he eats a sufficient amount over time. The key is to offer nutritious foods consistently and not worry about whether all the food is finished each time.

*My child is not walking yet, is this okay?*

Many children are not walking at one year of age. Most can stand for a second or two. Let your pediatrician know, however, if your child is unable to pull to a standing position and cruise or walk along furniture while holding on.

*How do I get my child to stop throwing food on the floor?*

The toddler is endowed with a social feedback loop to recognize both pleasure and displeasure from significant caregivers. Adult laughter in response to a well-played game of “peek-a-boo” holds the key to future good times in other interactive games, but laughter following a plate of food thrown on the floor sends the same positive message and invites later disruptive behavior. Turning away, ignoring, or expressing displeasure at the plate of food thrown on the floor sends a more appropriate message and helps prevent later disruptive behaviors.

### Age Appropriate Information

#### Sleep:

- Establish a nightly bedtime routine that begins with quiet time for your child to relax before bed, and ends with your child soothing himself in his own crib. Reading and singing to your child will help him get to sleep. A favorite toy or a nightlight also can help. Make sure to space nap times so that your child is tired at bedtime.
- Toddlers should continue to have at least one nap during the day. It is important to establish a regular nap time routine.

#### Feeding:

- Cover your floor and don't worry about messes—young children learn from experimenting.
- Avoid small, hard foods like peanuts or popcorn, on which your child can choke, and cut any firm, round food (eg, hot dogs, raw carrots, or grapes) into thin slices.

- Include your toddler in family meals by providing a high chair or booster seat at table height. Make mealtimes pleasant and companionable. Encourage conversation.
- Toddlers tend to “graze.” Her appetite will vary; she will eat a lot one time, and not much the next time.
- Let your toddler decide what and how much to eat from an assortment of nutritious foods you offer. Trust your child’s ability to know when she is hungry and full. If she asks for more, provide a small, additional portion. If she stops eating, accept her decision.
- Feed your toddler 3 meals and 2 or 3 planned nutritious snacks a day. Be sure that your toddler’s caregiver also provides nutritious foods.

**Safety:**

- Use gates at the top and bottom of stairs and watch your toddler closely when she is on stairs. To prevent children from falling out of windows, keep furniture away from windows and install operable window guards on second- and higher-story windows.
- Your child should continue to face backward in the car seat until 2 years of age.
- To prevent poisoning, keep household products, such as cleaners, chemicals, and medicines, locked up and out of your child’s sight and reach. Keep the number of the **Poison Control Center (1-800-222-1222)** posted next to every telephone.