

Toddler Tips

A Publication of Suburban Pediatric Clinic

1 YEAR EDITION

Toddler Tips 1 year edition: This month's Toddler Tips will discuss what parents should expect when your baby is around 1 year old.

NUTRITION

At 1 year of age it is time to switch to whole milk. Babies need the extra fat in whole milk for proper brain growth. By 2 years of age, the majority of brain growth is complete and children should switch to skim or low fat milk.

- ♥ Your baby can eat the same foods as your family, however, please remember to carefully dice the foods that are hard to chew so that your baby does not choke. Avoid foods that your child can choke on such as raw carrots, nuts, popcorn, grapes, hot dogs, small candy, chewing gum, and chunks of peanut butter. Also, please remember to keep your baby's diet well balanced. At this age, vitamin supplementation is not necessary if your baby eats a variety of foods.
- ♥ Try to eliminate bottle usage during the day by substituting with a cup. Ideally, bottle feeding should be eliminated by 15 months of age, so please start to work on cup usage now.

CALCIUM INTAKE:

- ♥ From 1-10 years of age children need 800 milligrams (or 3 servings) of calcium a day to help build strong bones and teeth.
 - ♥ One cup of milk or yogurt has 300 milligrams of calcium.
 - ♥ A slice of cheese has 200 milligrams of calcium.
 - ♥ A half-cup of calcium fortified orange juice supplies 160 milligrams of calcium. However, because orange juice does not contain Vitamin D or protein it is not a substitute for milk.

IRON INTAKE:

- ♥ Iron is equally important for babies this age to prevent Anemia (iron deficiency).
 - ♥ Good sources of iron are spinach, broccoli, other green, leafy vegetables, whole grain breads, pasta, prunes, chicken, fish, red meat, and liver.
 - ♥ Milk is a good source of calcium but it contains little iron. So, do not regularly exceed the 24 ounces of milk needed for calcium intake.
- ♥ During the second year of life, your baby's appetite will **DECREASE**. This is normal.

DEVELOPMENT

Over the next year your baby will learn to walk, develop a vocabulary of 10-50 words, and will learn to feed himself well. This will also be a year of great discovery and curiosity for your baby.

- ♥ Your baby's height and weight will also slow down this year. Most children will gain only 3-5 pounds over the entire year.



- ♥ Your baby will begin to test the limits that you have set. Your baby will learn that he can also say no. Set firm limits when it comes to dangerous, forbidden, or openly defiant behavior such as angrily slapping or biting a parent or other child. Remember to be consistent in enforcing important rules and always praise your child. **TIME OUT** is an effective behavior tool to use. If your baby misbehaves despite your prior warnings calmly and quietly pick him up and place him in a designated area and leave the room. Wait one minute and then tell him that mommy loves him but it makes you feel sad when he misbehaves.

EAR INFECTIONS

Ear infections are common throughout childhood. They occur when bacteria or other germs infect the space behind the eardrum and cause ear pain, irritability, and fever.

- ♥ Ear infections usually occur when a baby has a cold. The cold causes blockage of the tube, which connects the middle ear space to the back of the throat. As a result of the blockage, fluid can collect behind the eardrum and become infected.

Baby Safety Issues

HOME SAFETY

Please remember that the biggest threat to your baby's life and health are accidents.

- ♥ Please use gates on all staircases and doors. **DO NOT** use a baby walker.
- ♥ Be sure there are plug protectors in **ALL** empty electrical outlets in your home.

POISON CONTROL

Be aware of the poisonous substances in your home that your baby may ingest.

- ♥ Be sure that all medicines and cleaning supplies are locked up and out of your baby's reach.
- ♥ Call our office or the Poison Control Center **IMMEDIATELY** if your baby eats something poisonous. Have Syrup of Ipecac on hand to make your baby vomit, but use it **ONLY** if our office or the Poison Control Center tells you to do so. Keep the Poison Control number posted by your telephone. **704.355.4000 or 1.800.84.TOXIN**

BURN PROTECTION

- ♥ Be sure to check the hot water temperature in your home. The correct temperature should be less than **120 degrees F.**
- ♥ **DO NOT** carry or hold your baby while cooking or carrying hot foods or liquids.

CHOKING SAFETY

NEVER leave small objects or food within your baby's reach.

- ♥ Do not feed your baby hot dogs, raw carrots, or grapes. Cut food into thin slices to prevent choking.
- ♥ **BE PREPARED:** Ask our office for instructions on choking first aid.

DROWNING SAFETY

NEVER leave your baby alone near any water for any moment. Drowning can happen in the shallowest water.

- ♥ Please remember to empty water from bathtubs, pails, or any other container of water immediately after use. Keep the bathroom door and commode lid closed at all times.
- ♥ If you have a swimming pool, install a fence to separate your house or baby's play area from the swimming pool.

CAR SAFETY

Car crashes are a great risk to your baby's health and life. The correct use of a car seat will prevent injuries and deaths that occur in car crashes.

- ♥ Make sure that your baby's car seat is installed correctly.
- ♥ When your baby reaches 20 pounds AND is 12 months old she may need to be in a toddler safety seat that faces **FORWARD**. This seat should be placed in the **MIDDLE** of the **BACK** seat.
- ♥ Please remember, you **MUST** use your baby's car seat **EVERY** time your baby rides in a car.

NEXT CHECKUP: 18 MONTHS

Your baby's next checkup is at 18 months of age. Regular **WELL BABY** checkups are done at 12, 18, and 24 months of age. These checkups usually involve immunizations and other preventive health services. Keeping your baby up to date on checkups and immunizations is one of the best things you can do for your baby's health.

★**Please remember to bring your baby's immunization card and insurance or Medicaid card to every visit**★