



## YOUR BABY AT 1 YEAR

### Immunization:

- MMR, Varivax, Prevnar Hepatitis A

### Nutrition:

- Table foods
- Discontinue bottle
- Appetite decreases during second year
- Begin whole milk; 8-12 ounces a day is enough.

### Safety:

- Car safety restrains. Forward facing.
- Poison proof the house
- Poison Control Center (1-800-922-1117)
- Set hot water heater to 120 degrees
- Use fences or gates if child is unsupervised outside
- Close supervision around water.

### Hints:

- Encourage speech development. Name objects and pictures.
- Hold, love, cuddle, and talk to your child.
- Encourage independent play.
- Praise child for desired behavior (*verbal and nonverbal*).
- Set limits.
- Ignore temper tantrums.
- Don't expect child to share toys.
- Establish good bedtime routine.

### Normal Development:

- Crawls rapidly
- Usually walks with assistance; may walk alone.
- Stands alone.
- Seats self on floor.
- Usually follows a definite daily pattern.
- Opens cabinets and containers; pulls open doors and drawers.
- Examines an object and generally puts it in mouth. Likes to feed self and drink from a cup.
- Expresses complete thoughts with single syllable (*"da" means "I want that"*)
- Utters a few other words (*"mama", "dada", "ball", and "dog"*).
- Shows definite understanding of a few simple words.
- Loves rhythms and rhymes.
- Shows more negativism (*Says NO, may resist naps, and refuses certain foods*).
- Continues to prefer people to toys.
- Has developed a deep attachment to a few familiar people.
- Loves to make parents laugh.
- Shows somewhat less stranger anxiety.
- May give up something on request.
- Displays a sense of humor.
- Likes to scribble.
- Next Scheduled Immunizations: