



BRIGHT FUTURES HANDOUT ► PARENT

12 MONTH VISIT

Here are some suggestions from Bright Futures experts that may be of value to your family.

✓ HOW YOUR FAMILY IS DOING

- If you are worried about your living or food situation, reach out for help. Community agencies and programs such as WIC and SNAP can provide information and assistance.
- Don't smoke or use e-cigarettes. Keep your home and car smoke-free. Tobacco-free spaces keep children healthy.
- Don't use alcohol or drugs.
- Make sure everyone who cares for your child offers healthy foods, avoids sweets, provides time for active play, and uses the same rules for discipline that you do.
- Make sure the places your child stays are safe.
- Think about joining a toddler playgroup or taking a parenting class.
- Take time for yourself and your partner.
- Keep in contact with family and friends.

✓ FEEDING YOUR CHILD

- Offer healthy foods for meals and snacks. Give 3 meals and 2 to 3 snacks spaced evenly over the day.
- Avoid small, hard foods that can cause choking—popcorn, hot dogs, grapes, nuts, and hard, raw vegetables.
- Have your child eat with the rest of the family during mealtime.
- Encourage your child to feed herself.
- Use a small plate and cup for eating and drinking.
- Be patient with your child as she learns to eat without help.
- Let your child decide what and how much to eat. End her meal when she stops eating.
- Make sure caregivers follow the same ideas and routines for meals that you do.

✓ ESTABLISHING ROUTINES

- Praise your child when he does what you ask him to do.
- Use short and simple rules for your child.
- Try not to hit, spank, or yell at your child.
- Use short time-outs when your child isn't following directions.
- Distract your child with something he likes when he starts to get upset.
- Play with and read to your child often.
- Your child should have at least one nap a day.
- Make the hour before bedtime loving and calm, with reading, singing, and a favorite toy.
- Avoid letting your child watch TV or play on a tablet or smartphone.
- Consider making a family media plan. It helps you make rules for media use and balance screen time with other activities, including exercise.

✓ FINDING A DENTIST

- Take your child for a first dental visit as soon as her first tooth erupts or by 12 months of age.
- Brush your child's teeth twice a day with a soft toothbrush. Use a small smear of fluoride toothpaste (no more than a grain of rice).
- If you are still using a bottle, offer only water.

Helpful Resources: Smoking Quit Line: 800-784-8669 | Family Media Use Plan: www.healthychildren.org/MediaUsePlan

Poison Help Line: 800-222-1222 | Information About Car Safety Seats: www.safercar.gov/parents | Toll-free Auto Safety Hotline: 888-327-4236

12 MONTH VISIT—PARENT



SAFETY

- Make sure your child's car safety seat is rear facing until he reaches the highest weight or height allowed by the car safety seat's manufacturer. In most cases, this will be well past the second birthday.
- Never put your child in the front seat of a vehicle that has a passenger airbag. The back seat is safest.
- Place gates at the top and bottom of stairs. Install operable window guards on windows at the second story and higher. Operable means that, in an emergency, an adult can open the window.
- Keep furniture away from windows.
- Make sure TVs, furniture, and other heavy items are secure so your child can't pull them over.
- Keep your child within arm's reach when he is near or in water.
- Empty buckets, pools, and tubs when you are finished using them.
- Never leave young brothers or sisters in charge of your child.
- When you go out, put a hat on your child, have him wear sun protection clothing, and apply sunscreen with SPF of 15 or higher on his exposed skin. Limit time outside when the sun is strongest (11:00 am–3:00 pm).
- Keep your child away when your pet is eating. Be close by when he plays with your pet.
- Keep poisons, medicines, and cleaning supplies in locked cabinets and out of your child's sight and reach.
- Keep cords, latex balloons, plastic bags, and small objects, such as marbles and batteries, away from your child. Cover all electrical outlets.
- Put the Poison Help number into all phones, including cell phones. Call if you are worried your child has swallowed something harmful. Do not make your child vomit.

WHAT TO EXPECT AT YOUR CHILD'S 15 MONTH VISIT

We will talk about

- Supporting your child's speech and independence and making time for yourself
- Developing good bedtime routines
- Handling tantrums and discipline
- Caring for your child's teeth
- Keeping your child safe at home and in the car

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 4th Edition

For more information, go to <https://brightfutures.aap.org>.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



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Feeding Kids Right Isn't Always Easy

Tips for Preventing Food Hassles



Feeding Kids—What's Your Role?

While parents are the best judges of **what** children should eat and **when**, children are the best judges of **how much** they should eat.

Here are **five** important feeding jobs for parents and caregivers:

1. Offer a variety of healthful and tasty foods. Be adventurous!
2. Serve meals and snacks on a regular schedule.
3. Make mealtime pleasant.
4. Teach good manners at the table.
5. Set a good example.

Happy encounters with food at any age help set the stage for sensible eating habits throughout life. Handling food and eating situations positively encourages healthful food choices.

This brochure gives helping hints for food and nutrition for young children. For specific advice, talk to your child's pediatrician or a registered dietitian.

Mealtime: Not a Battleground

"Clean your plate."

"No dessert until you eat your vegetables."

"If you behave, you can have a piece of candy."

To parents and caregivers, these phrases probably sound familiar. However, food should be used as nourishment, not as a reward or punishment. In the long run, food bribery usually creates more problems than it solves.

Did You Know That...

...encouraging your child to wash his or her hands thoroughly before meals may help prevent foodborne illness?

Here are six common childhood eating situations. Try these simple tips to make mealtime a more pleasant experience.

Feeding Challenges...

Food Jags:

Eats one and only one food, meal after meal

Food Strikes:

Refuses to eat what's served, which can lead to "short-order cook syndrome"

"The TV Habit":

Wants to watch TV at mealtime

The Complainer:

Whines or complains about the food served

"The Great American White Food Diet":

Eats only white bread, potatoes, macaroni and milk

Fear of New Foods:

Refuses to try new foods

Feeding Strategies...

Allow the child to eat what he or she wants if the "jag" food is wholesome. Offer other foods at each meal. After a few days, the child likely will try other foods. Don't remove the "jag" food, but offer it as long as the child wants it. Food jags rarely last long enough to cause any harm.

Have bread, rolls or fruit available at each meal, so there are usually choices that the child likes. Be supportive, set limits and don't be afraid to let the child go hungry if he or she won't eat what is served. Which is worse, an occasional missed meal or a parent who is a perpetual short-order cook?

Turn off the television. Mealtime TV is a distraction that prevents family interaction and interferes with a child's eating. Value the time spent together while eating. Often it is the only time during the day that families can be together. An occasional meal with TV that the whole family can enjoy is fine.

First ask the child to eat other foods offered at the meal. If the child cannot behave properly, have the child go to his or her room or sit quietly away from the table until the meal is finished. Don't let him or her take food along, return for dessert or eat until the next planned meal or snack time.

Avoid pressuring the child to eat other foods. Giving more attention to finicky eating habits only reinforces a child's demands to limit foods. Continue to offer a variety of food-group foods. Encourage a taste of red, orange or green foods. Eventually the child will move on to other foods.

Continue to introduce and reinforce new foods over time. It may take many tries before a child is ready to taste a new food... and a lot of tastes before a child likes it. Don't force children to try new foods.

Mealtime Is More Than Food

Youngsters are too smart to heed the old saying "Do as I say, not as I do." Children learn by imitating what they see. Adults who eat poorly can't expect their children to eat well. Set a good example by eating meals at regular times and by making healthful and tasty food choices.

Parents and caregivers are "gatekeepers," who control what foods come into the house. Having lots of healthful foods around helps children understand that these food choices are a way of life.

Mealtime is family time. Children learn many things as you eat together. And pleasant social encounters with food help develop good food habits.

Three, Two, One ... Let's Eat!

Prepare children for meals. A five-minute warning before mealtime lets them calm down, wash their hands and get ready to eat. A child who is anxious, excited or tired may have trouble settling down to eat.

Consistent food messages encourage children to eat and help prevent arguments over food. Try these simple steps:

- Be a smart gatekeeper. Buy a variety of foods you want the child to eat. Be adventurous with food!
- Be flexible. Don't worry if the child skips a meal.
- Be sensible. Set an example by eating a variety of healthful foods yourself.
- Let children make their own food choices from the healthful choices you provide.

Occasional Meal Skipping and Finicky Food Habits Are Okay

Well-meaning adults often view a child's odd food and eating behaviors as a problem. However, childhood food jags, a fear of new foods and other feeding challenges are usually part of normal development.

There's no need to worry if a child skips a meal or won't eat the vegetables on his or her plate. Keep the big picture in mind. Offer a variety of healthful, tasty and nourishing foods. Over time, a child will get everything needed to grow and develop normally. Plenty of food variety and a relaxed, happy atmosphere at mealtime are the "ingredients" for a well-fed child.

Children often use the table as a stage for showing their independence. Sometimes, food is not the issue at all. The eating process is just one more way children learn about the world.

Work Up an Appetite!

Active play, along with eating right, promotes good health ... and a healthy appetite! And it is the best exercise for toddlers and young children.

Making a snowman, playing tag, throwing balls, riding a bike and taking a nature walk are healthful and fun for the whole family. Don't just watch. Join in and be active, too. When you're physically active, you set a good example.

This brochure was developed as part of the **HEALTHY START...Food to Grow On** program, an information and education campaign that promotes healthful food choices and eating habits for healthy children ages two years and over. The **HEALTHY START** program was produced as a cooperative effort by the American Academy of Pediatrics (AAP), The American Dietetic Association (ADA), and the Food Marketing Institute (FMI).

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From your doctor



Activities for Infants 12-16 Months Old



<p>Babies love games at this age (Pat-a-Cake, This Little Piggy). Try different ways of playing the games and see if your baby will try it with you. Hide behind furniture or doors for Peekaboo; clap blocks or pan lids for Pat-a-cake.</p>	<p>Make puppets out of a sock or paper bag—one for you and one for your baby. Have your puppet talk to your baby or your baby's puppet. Encourage your baby to "talk" back.</p>	<p>To encourage your baby's first steps, hold your baby in standing position, facing another person. Have your baby step toward the other person to get a favorite toy or treat.</p>	<p>Give your baby containers with lids or different compartments filled with blocks or other small toys. Let your baby open and dump. Play "putting things back." This will help your baby learn how to release objects where he wants them.</p>	<p>Loosely wrap a small toy in a paper towel or facial tissue without tape. Your baby can unwrap it and find a surprise. Use tissue paper or wrapping paper, too. It's brightly colored and noisy.</p>
<p>Babies enjoy push and pull toys. Make your own pull toy by threading yogurt cartons, spools, or small boxes on a piece of yarn or soft string (about 2 feet long). Tie a bead or plastic stacking ring on one end for a handle.</p>	<p>Tape a large piece of drawing paper to a table. Show your baby how to scribble with large nontoxic crayons. Take turns making marks on the paper. It's also fun to paint with water.</p>	<p>Arrange furniture so that your baby can work her way around a room by stepping across gaps between furniture. This encourages balance in walking.</p>	<p>Babies continue to love making noise. Make sound shakers by stringing canning rims together or filling medicine bottles (with child-proof caps) with different-sounding objects like marbles, rice, salt, bolts, and so forth. Be careful to secure lids tightly.</p>	<p>This is the time your baby learns that adults can be useful! When your baby "asks" for something by vocalizing or pointing, respond to his signal. Name the object your baby wants and encourage him to communicate again—taking turns with each other in a "conversation."</p>
<p>Play the naming game. Name body parts, common objects, and people. This lets your baby know that everything has a name and helps her begin to learn these names.</p>	<p>Make an obstacle course with boxes or furniture so that your baby can climb in, on, over, under, and through. A big box can be a great place to sit and play.</p>	<p>Let your baby help you clean up. Play "feed the wastebasket" or "give it to Mommy or Daddy."</p>	<p>Make a surprise bag for your baby to find in the morning. Fill a paper or cloth bag with a soft toy, something to make a sound, a little plastic jar with a screw-top lid, or a book with cardboard pages.</p>	<p>Play "pretend" with a stuffed animal or doll. Show and tell your baby what the doll is doing (walking, going to bed, eating, dancing across a table). See if your baby will make the doll move and do things as you request. Take turns.</p>
<p>Cut up safe finger foods (do not use foods that pose a danger of your baby's choking) in small pieces and allow your baby to feed himself. It is good practice to pick up small things and feel different textures (bananas, soft crackers, berries).</p>	<p>Let your baby "help" during daily routines. Encourage your baby to "get" the cup and spoon for mealtime, to "find" shoes and coat for dressing, and to "bring" the pants or diaper for changing. Following directions is an important skill for your baby to learn.</p>	<p>Your baby is learning that different toys do different things. Give your baby a lot of things to roll, push, pull, hug, shake, poke, turn, stack, spin, and stir.</p>	<p>Most babies enjoy music. Clap and dance to the music. Encourage your baby to practice balance by moving forward, around, and back. Hold her hands for support, if needed.</p>	<p>Prepare your baby for a future activity or trip by talking about it beforehand. Your baby will feel like a part of what is going on rather than being just an observer. It may also help reduce some fear of being "left behind."</p>

YOUR CHILD'S TEETH

12 MONTHS – 18 MONTHS OF AGE

▪ HELPFUL RESOURCES:

- <http://www.valleypediatricdentists.com/> - Valley Pediatric Dentists
- <http://www.aapd.org/> - American Academy of Pediatric Dentistry

▪ FIRST DENTAL VISIT:

- Your child should visit the dentist sometime after their first birthday. Treat the first visit as you would a well-baby checkup with your pediatrician. It is best to meet the dentist when your child is having no dental problems versus waiting until an emergency arises.
- This visit is usually just an examination and will allow the dentist to examine your child for decay and other conditions. Diet, home dental care, oral habits and history of tooth trauma will be discussed.
- It is a good idea to establish a “dental home” early on so that the dentist can get to know your child and your family’s specific needs so that they can provide the best care.

▪ CLEANING YOUR CHILD'S TEETH:

- Brush your child’s teeth at least twice a day with a small bristle toothbrush. The ADA, AAPD and CDC now recommend that children age 0-3 use a “smear layer” or “size of grain of rice” amount of children’s fluoridated toothpaste.
- Brushing before your child goes to bed is the most critical time to brush and an adult needs to help children brush their teeth even until age 8-9 years of age.
- If any teeth touch, start to floss!! Flossers or floss picks work well. If you sit and rest their head into your lap, that will allow you to see easily into their mouth.

▪**HOW CAN I PREVENT CAVITIES:**

▪**GOOD ORAL HYGIENE**

▪Help with daily brushing and flossing

▪**MONITORING DIET**

▪Limit sugary liquids such as fruit juice, soda and other sweetened liquids. Even white milk has a lot of sugar in it.

▪Drink these liquids with meals and stick to just water between meals and before bed.

▪Limit the number of between meal snacks. If teeth are in contact with foods and sugary liquids frequently or for long periods of time, your child's teeth are at a higher risk for cavities.

▪Do not have your child go to bed with a cup or bottle containing milk, formula or juice.

▪**REGULAR DENTAL CARE**

▪The American Academy of Pediatric Dentistry recommends visits to the pediatric dentist every six months.

▪Below is a chart that shows average eruption ages for baby teeth. Your child's teeth may erupt earlier or later than shown here.

