

Wellness Guide at 12 Months Old

Helpful tips to support your child's development at this stage of life.



Development

- **Awareness:** Toddlers are more aware of themselves and their surroundings. They can respond to requests and use simple gestures such as pointing, shaking their head "no", and waving "bye-bye". Their sounds are becoming more like speech and they may use single words. Help your toddler "speak" by providing words for your child's emotion and pictures/objects/people they see each day.
- **Activities:** Have fun reading, singing, and making music together. Watch your child pull to a stand, "cruise", and begin to walk. Real life toys (plastic dishes, telephones, brooms) let your child imitate and figure out how things work. Your child doesn't know how to share, but you can introduce taking turns with balls/toys. Let your child figure out a problem on their own, providing just enough help to avoid frustration.
- **Emotions:** Your toddler may still be nervous around strangers and clingy when mom/dad leaves.
- **Positive Reinforcement:** Encourage wanted behaviors and provide acceptable options. For

example, try saying "sit down" instead of "don't stand". When your child melts down, they're telling you they are overwhelmed by their feelings. Comforting your child allows them to learn how to calm themselves in a healthy way.

- **Interaction:** Face-to-face interaction with caregivers and avoiding screen time, except for live video chatting with loved ones, will enhance your child's social and verbal development.

DEVELOPMENTAL RESOURCES

TODDLER EMOTIONS

THE 5 Cs OF MEDIA USE

WA STATE EARLY INTERVENTION PROGRAM

Safety & Child-proofing



Drowning is a leading cause of accidental death in this age group. Keep your toddler safe with constant supervision around water. Even buckets of water/liquids can lead to drowning.

Stay with child at all times during bath.



Hot foods/liquids, dangling cords, tablecloths, appliances, electrical outlets and stairs can all be dangers to a curious toddler that likes to explore.

Verify that smoke alarms are working properly and avoid smoke exposure.



Never leave your child alone in the car.

Infants and toddlers should ride in a rear-facing car safety seat, in the back seat of the car, as long as possible, until they reach the highest weight or height allowed by their seat.



Secure heavy furniture to the wall. It could fall on a climbing toddler.

Keep household cleaners, vitamins, and medicines out of reach.

Avoid walkers, they can tip over and cause your toddler harm.

Keep sharp objects, small objects, small magnets, small batteries, balloons, and plastic bags out of reach.

Remove/lock up guns. Lock away cigarettes, lighters, alcohol, marijuana, and vaping devices.

IMPORTANT RESOURCES

POISON CONTROL: (800) 222-1222

DROWNING PREVENTION

SUICIDE & CRISIS LIFELINE: 988

CAR SEAT SAFETY

Nutrition

- Toddlers can be picky and erratic eaters. Sitting at the table together and providing repeated exposure to new foods can help with acceptance. Meals are also opportunities to spend time together as a family.
- Give Vitamin D (400 IU/day).
- Avoid screens during meals. Never force food in your child's mouth.
- Offer 3 predictable meals and 2-3 snacks per day, then your child can confidently decide how much to eat. Offer a variety of healthy foods, and avoid foods that can cause choking.
- Be patient as your toddler tries to feed themselves.
- Toddlers should transition from formula to whole milk. Limit whole milk to 16-20 oz/day to help prevent constipation and anemia.
- Continue breastfeeding if desired. Ensure water daily (around 8-16 oz/day) Limit juice. Avoid soda.
- Start weaning from bottle and encourage cup use.
- Prevent lead exposure by only using spices from the US and avoiding contaminated soil, dust, paint, and water. [Learn more](#) about lead toxicity and testing.

NUTRITION RESOURCES

CHILDREN & NUTRITION

FEEDING A TODDLER

Sleep

- Simple, calming, bedtime routines can help prepare your baby for bedtime. Try to recognize signs that your baby is getting tired.
- Help your baby learn how to fall asleep on their own by putting them down when they are drowsy, but not fully asleep. Expect a protest if this is a new change for your child.
- Some babies establish a pattern of naps with long stretches of sleep, but others are fine taking shorter naps or napping at less regular times. Recognizing patterns and creating a nap ritual can be helpful. Nap patterns will change as your baby grows and develops.
- Anticipate sleep disruptions as part of normal development.
- A favorite stuffed animal may help your baby feel more secure.

SLEEP RESOURCES

LEARNING TO SLEEP

Toddler Care

Brush teeth with fluoride toothpaste the size of a grain of rice on a soft toothbrush 2 times per day. Make a dentist appointment.

Use sunscreen (SPF 30 or higher).

Overseas Travel

If your family will be traveling internationally, schedule a virtual eTravel consultation at least 4–6 weeks before departure to review travel health recommendations, vaccines, and medications.

TRAVEL CONSULTATION

Family Well-being

Congratulations on making it through an intense and emotional year! Your toddler loves to watch and imitate you, but have you noticed that your toddler's personality may be different from yours? Taking time to look at the world through their eyes can help you understand their needs and may decrease some feelings of frustration.

Continue simple routines to allow you and your toddler to know what to expect in your day. Providing your toddler with notice prior to new changes and transitions can help prepare both of you.

Look at your support system. Try to find time for yourself or with a partner, friend, or family member.

ADDITIONAL RESOURCES

DOSING TABLES [↗](#)

COMMON ILLNESS SUPPORT [↗](#)

PATIENT EDUCATION [↗](#)