

PAVILION POINTS TO REMEMBER: 1 YEAR

Feeding

- Encourage self-feeding. Offer a variety of healthy foods (3 meals and 2-3 snacks). Toddlers tend to graze at this age. Allow child to decide how much to eat, which will vary from day to day. This is normal to see a decrease in appetite as growth tends to slow in the 2nd year
- Important to avoid small hard foods, (i.e. nuts, grapes, hot dogs, pretzels, popcorn, chunks of meat, hard candies)
- Continue to offer iron fortified cereal.
- Breastfeeding can continue for as long as mutually desired between mother and child. It is now appropriate to switch from formula to whole milk and begin transitioning from bottle to cup. Milk consumption should not be greater than 16-24 ounces to prevent iron deficiency
- Important to brush teeth twice a day. ADA recommended scheduling first dental hygiene appointment at 1 year of age or later after 1st tooth erupts. A list of dental referrals can be found on our website.

Development

- Gross Motor**
 - Gets to sitting without help
 - May stand without support
 - May take first independent steps without holding on
- Fine Motor**
 - Can drop items
 - Pick up foods to eat
- Language/Communication**
 - May say “mama”, “dada” and use word specifically. Uses 1 word other than “mama” and “dada”
 - Uses simple gestures like shaking head for “no” or waving “bye- bye
 - Tries to say words other say

Sleep

- Sleeps 11-14 hours during 24 hours
- Typically naps 2 x a day
- Bedtime should be at the same time each night
- Bathing, reading, and sleeping are great sleep promoting activities

Learning

- AAP recommends avoiding screen time in children less than 18 months
- Best ways for children to learn at this age are through interacting with caregivers by being read to, sung to, and talked to
- Free play is essential. Allow them to continuously explore their own environmental an assuring their environment is safe

Safety

- Use rear facing car seat in back seat, never place baby in front seat.
- Keep drapes, window cords out of reach
- Install safety gates if not already installed.
- Use of insect repellent and sunscreen is safe during the spring/summer months. Choose a repellent that contains < 30% DEET. Choose a sunscreen with an SPF of 30 or higher, one that is PABA free, one that is “broad spectrum,” and one that ideally does NOT contain oxybenzone.
- Never leave child unattended in bathtub and make sure temperature is set below 120 degrees

What to expect at Today's Visit

- At this visit, we will measure your child's height, weight, and head circumference
- Today, vaccines will include Hep A, MMR, Varicella. We will also perform Anemia and Lead screening (During COVID 19 pandemic screening labs may be postponed to later date).
- Your babies next well visit will be at 15 months of age. At this visit, you child will receive Pentacel and PCV 13. As always, we encourage you to address and questions and concerns at the visit.

