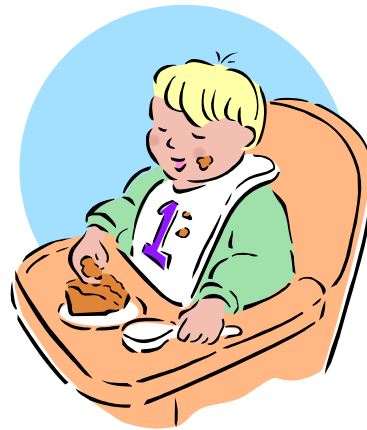


# Carlisle Clinic



*Babies usually learn to walk by 12-15 months, and turn into toddlers at that point. This can be both an exciting and exhausting time for parents. Toddlers are learning a lot of new skills. They can also travel faster and you have to keep up with them to make sure they do not wander into harm's way.*

## IMMUNIZATIONS

Children need a series of shots between 12 and 18 months. At 12 months, they'll receive Prevnar and MMR.

Before 18 months, they'll receive the following shots:

- Pentacel
- Varicella
- Hepatis A vaccine

Family Medicine

12-Month-Old Baby

WELL-BABY VISITS

Phone: (859) 289-4124

AT 12 MONTHS

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HEIGHT:

WEIGHT:

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ABOUT THE CLINIC:

We provide infant immunizations through the Vaccines for Children Program.

Hours: 8 a.m. – 4:30 p.m. Monday – Friday. Call (859)289-4124 for an appointment. We will always see sick children as soon as possible – usually on the same day that you call.

Carlisle Clinic

107 S. Broadway  
Carlisle, KY 40311  
Phone (859) 289-4124

<http://www.carlisleclinic.com/>

# 12 Months Old

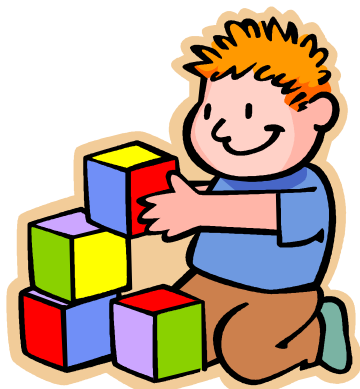
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## DIET

By one year, children should be eating food from the table. This should include meat, fish, or chicken; cottage cheese, other cheeses, or yogurt; whole-grain cereals and breads; fruits; and cooked vegetables. Sweet potatoes are often a big hit.

Obviously, anything they can choke on is forbidden: hot dogs, peanuts, etc. Avoid giving them sweets and sweetened drinks, especially before a meal. This includes fruit juices, chocolate milk, Kool-Aid, soda, or sweetened tea.



Wean them from the bottle. The easiest way to do this is to have bottles disappear from the house. They are drinking whole milk by now. The switch is made at 12 months, no more than three cups per day. They need to save room in their tummies for real food.

## DEVELOPMENTAL MILESTONES

They say “mama” or “dada” to the appropriate person by about 14 months of age, and they will have started babbling by then. They reach for and grasp objects. They are smiling and listening when you talk to them. They enjoy patty-cake.

If you are worried that your child is NOT meeting these milestones, then talk it over with your doctor.

## BABY TEETH

The child’s teeth have come in by now. Brush baby teeth with special infant toothbrushes or with gauze. Children’s teeth should be clean before laying down at night.

Do not allow bottles to take to bed. You are trying to avoid cavities in the baby teeth. Missing baby teeth can have dire consequences because the spacing is off and the adult teeth fail to come in at the correct angle.

## GAMES TO PLAY WITH BABY

Push toys, shape sorters, bath toys and crayons are all good toys. Fun activities include playgrounds, parks, going to the store or to the mall.

The 12 month old loves to be read to, especially picture books. Try to limit TV time! In general, kids should have no more than 2 hours of screen time a day and the toddler significantly less.

## SAFETY ISSUES

Baby-proof the house, if you haven’t already. Breakables are now out of baby’s reach, as are houseplants, heaters, matches, cleaning materials, and medicines.

## SEPARATION ANXIETY

When you leave your child with a babysitter, the child will often wail loudly. Tell the child 10-15 minutes beforehand that you’ll be leaving. Reassure them that you’ll be back soon. Hug and kiss them and leave quickly. The child will cry as long as you are nearby.