

your child @TM

12 to 18 months

highlights of what's happening at this stage of your child's development ...

As your child begins to walk, run, and climb, she needs freedom to explore and clear limits to keep safe.

Your child's health

The Well Visit

Make sure your child has a 1-year check-up. Your doctor will give vaccinations and ask you questions about your child's development.

Let your doctor know if your baby:

- Does not crawl.
- Drags 1 side of his body after crawling for over 1 month.
- Cannot stand while supported.
- Says no single words.
- Does not point to objects or pictures when asked.
- Does not use gestures such as waving or shaking the head.

Schedule your next visit. You will probably need to come back at 15 or 18 months.



Sleep

At this time, some children start giving up their morning nap and take just 1 afternoon nap each day.

Nutrition

By 12 months, your baby is ready to stop drinking formula. Now, he should drink up to 16 to 24 ounces of whole milk a day. Also, put milk or water in a cup instead of a bottle.

At 12 months, your child might not eat a lot at each meal. Give her 5 or 6 small healthy meals a day instead of 3 larger ones. Cut foods into small pieces to avoid the risk of choking.

Do not give your child:

- Raw vegetables
- Hot dogs
- Popcorn
- Candy
- Nuts
- Whole grapes

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Sources: *Your Baby's First Year* and *Caring for Your Baby and Young Child*, American Academy of Pediatrics, Steven P. Shelov, MD, FAAP, editor in chief; *Understanding Children*, Civitas and Richard Saul Wurman; *KidBasics*, Civitas; *Healthy Sleep, Happy Child*, Marc Weissbluth, MD.

Civitas thanks **Parents as Teachers**, an international early childhood parent education and family support program, for their ongoing support.

Nurturing your child

Language Read, sing, and talk to your baby all the time.

- Ask questions as you look at pictures and read stories.
- Provide board books on topics of interest to your child, like animals or babies.
- Teach new songs and use hand movements, such as *The Itsy Bitsy Spider*.

Behavior For safety, now is the time to set a few limits. Make simple and clear rules and use the same rules over and over again. You can also try to:

- Distract your child from unsafe objects or activities.
- Save “no” for safety issues. If your child hears “no” too often, she will start to tune it out.
- Give a stern or firm look for little things and move to a safer activity.

Play Use play to teach your child to imagine, invent, and solve problems.

- Plan time for her to play with friends as well as alone.
- Play inside using different objects and toys, like stacking boxes or cups, and play outside when possible.

Your child's safety

- Around the House**
- Use safety latches on drawers, cabinets, and toilets.
 - Keep hot liquids out of reach.
 - Never leave your child alone near water, open windows, or fireplaces.
 - Cover sharp edges and electrical outlets and put gates on stairs.
 - Call poison control immediately if you think your child has eaten or drunk something poisonous: 1-800-222-1222.

In the Car At 12 months old and 20 pounds, your child can ride in a forward-facing car seat. By law, he must always ride in the back seat of the car.

Tip

No matter how angry you are, never spank or hit your child.