

SLEEPING: I will be sleeping 10-12 hours through the night with 1-2 naps during the day.

DISCIPLINE: When I get mad about something **do not** spank me. Try getting me interested in a different kind of activity that I like to do. Start teaching me how to behave. Decide what things you do not want me to do and **don't give in**. Giving in only teaches me to cry longer for what I want next time. Do not be afraid to sit me down and let me cry a minute or use gentle restraint on your lap when I am not listening. Give me hugs and kisses after I have calmed down.

SAFETY: Falls happen a lot at my age. Keep me from playing around stairs. Always use my car seat when I am in a car/taxi.

Prevent me from getting lead poisoned

by keeping paint chips and plaster out of my reach. Cover chipping areas with cardboard or contact paper until they have been repaired.

Cleaners and medicines need to be kept out of my reach to prevent me from poisoning myself.

Syrup of Ipecac should be on the medicine shelf to help me vomit if I eat something by mistake.

Always call the Poison Control Center (266-2222) to ask what you should do before giving me ipecac.

The amount of fever-reducing medicine I need is:

My next visit to the clinic should be:

I am
One Year
Old
TEEN



TOT
CLINIC

Milwaukee Adolescent
Health Program
277-8900

Age _____

Weight _____

Height _____

I may be able to do the following now that I am 12 months old

- stand alone
- take 1-2 steps while holding on to you
- get into a sitting position from a stand
- climb up the stairs using my knees
- stoop to pick up toys
- say “mama” and “dada”

do little tasks like putting something into the garbage when asked

I soon will be able to do the following if I am not doing these already:

- walk rather than crawl
- climb up and down the stairs
- scream when you are out of my sight
- say 2 word sentences

PLAYING: Play these with me:

- practice the animal sounds for the correct animals
- hide and seek
- roll a ball back and forth
- give me cardboard boxes or containers to put things in
- tell a story using my stuffed animals or dolls
- point to pictures in books or magazines and tell me the word

- teach me to pick up my toys by doing it with me
- let me pretend to sweep the floor or wash off the table

FEEDING: It is time for me to start using the training cup rather than the bottle. The sugars in milk and juice will decay my teeth if I sleep with a bottle in my mouth. Let me use a spoon to carry the food to my mouth. Make my mealtime the same time as for the rest of the family. Make mealtime a happy time with no arguing or yelling. I am not growing as much as when I was younger so I do not need to eat as much. Do not make me eat. When I am hungry, offer me small foods I can feed myself, like cheese and crackers, raisins, bananas, or milk. Don't give me candy or soda.