

# Craig Ranch Pediatrics

Dr. Nagaratina Salem, MD

Adriane Nelson, Pediatric Nurse Practitioner

6850 TPC Drive, Suite 100 McKinney, TX 75070

Phone (214) 383-4400 Fax (214) 383-4403

## 12 to 15 Month Old Baby

Your baby is more interested in himself and full of fun! He is walking now and his environment is open for his exploration. As he learns to walk, that becomes the dominant goal in his life. Language may take a back burner for a month or two. But do not worry if he is trying to walk more than talk. As soon as he is walking, his desire to learn to talk will be back stronger than ever. He will begin to copy your words, and his words will sound something like what you said. He will also use gestures to communicate. He will point and he may shrug his shoulders when you ask him something he does not know. He can now follow simple directions, even those with two parts. He may start having some temper tantrums. If you ignore them, they will usually fade away.



### Feeding Your Baby

Your toddler needs foods from the same basic nutrition groups that you do, just in different amounts.

Food Group From the Food Guide Pyramid	Recommended servings
Meat, fish, poultry, eggs	2 servings
Dairy product	3 servings
Fruits and vegetables rich in vitamin C	1 or more servings
Dark green, orange fruits and vegetables rich in vitamin A	1 or more servings
Other fruits and vegetables, including potato	3 or more servings
Breads, cereal grains, rice, and pasta	6 or more servings

By this point, he should be able to eat just about anything the rest of the family is eating. Just try to avoid extra-spicy or extra-sweet foods. And make sure anything you give him is mashed or cut into tiny pieces.

This is the time when your toddler will want to start feeding himself. Be sure to have plenty of unbreakable plates, cups, spoons, and forks around, but do not always expect him to use them.



- Try to get you child into a routine with meals and snacks served at about the same time every day.
- Give him smaller portions of food than what you would eat. For instance, give one tablespoon of food for every year of his age.

## **Craig Ranch Pediatrics**

Dr. Nagaratina Salem, MD

Adriane Nelson, Pediatric Nurse Practitioner

6850 TPC Drive, Suite 100 McKinney, TX 75070

Phone (214) 383-4400 Fax (214) 383-4403

- Give your child less than you think he will eat and let him ask for more.
- Do not force your child to clean his plate. If he says he has had enough, respect that. Forcing him to finish those last bites may make him overeat or develop an unhealthy attitude about food.
- ❖ Even though play time may build your child's appetite, give him a little quiet time before he eats. He will eat better if he is relaxed.
- ❖ Stay close by your child as he eats in case he starts to choke.
- ❖ Offer foods that appeal to children, like cut-up, raw vegetables and other finger foods.
- ❖ Instead of giving your child a sugary snack for a reward or as a bribe for good behavior, give him extra attention. Along these lines, do not hold dessert over his head as a reward for cleaning his plate.

### **Vitamins**

Poly Vi Sol drops or half of a chewable vitamin.

### **Safety**

Be sure you child proof the house. A toddler loves to put his fingers in holes like electric sockets, so make sure they are covered. If you have stairs put up a guard, as your child will climb and does not realize that he can fall. Make sure there are no pennies, little toys, or beads around, as he will try to swallow them or put them in his nose or ears.



### **Car Seat**

Please refer to <http://www.healthychildren.org> for car seat safety. Current recommendations state that infants/toddlers should ride rear facing until they are 2 years of age or until they reach the highest weight or height allowed by their car safety seat's manufacturer.

### **Activities With One-Year-Olds**



- ◆ Take him for a walk and let him bring his pull toy. Play simple chase games. Blow bubbles and let him chase them.
- ◆ Let him push buttons on activity toys. Let him turn pages of a book.
- ◆ Read colorful books to him. He is picking up words quickly, but you may have to do a lot of repetition. Have conversations with your child and listen when he talks. Sing simple songs with him.

## **Craig Ranch Pediatrics**

Dr. Nagaratina Salem, MD

Adriane Nelson, Pediatric Nurse Practitioner

6850 TPC Drive, Suite 100 McKinney, TX 75070

Phone (214) 383-4400 Fax (214) 383-4403

- Play Peek-a-Boo with him. He loves the idea of you having to search for him, and he truly believes that he is invisible when he holds his hands over his eyes.
- Put pictures of grandparents in your child's room or near the phone so he can "see" the person who is talking to him.
- Play "name the body parts" with him. He will love pointing to the part that you name.
- Invest in some blocks for him to stack. Do activities that show cause and effect, like hitting a block tower and watching it fall.
- Let him experiment with paper and fat crayons with you. You can put them away when you are not supervising so they will not get eaten.