

One year and going places!

Drs. Padgett, Bell, Thomas

PEDIATRIC ASSOCIATES

2300 FerrySt, Lafayette

Development

Now is an exciting time of your little one's life! He is toddling and walking or soon will be! She is climbing - or soon will be! He is listening to you and starting to understand what you are saying. In the next few months, you can ask her to get things she knows, like a ball or book or shoes and she will bring them to you. He will enjoy being read to although you may be reading the same book over and over. She will pick up the tiniest speck of dust off the floor - and put it in her mouth. He will be growing more slowly both in height and weight. She will fall often as she toddles around the house. He will be more insistent about exploring a new place or object that he has found.

Feeding

Your child is taking more ownership of feeding now. You have to provide a good variety of fruits and vegetables, protein and milk and your child is responsible to eat. IF you give your child unprocessed food that is not fried or loaded with sugar or extra carbohydrates, your child will choose to eat a variety of healthy food over a period of days. He/she will not need as many calories, so her intake will appropriately decrease. If you provide cookies and candy, your child will get too many calories and probably will not eat the proteins and vegetables he needs too. If you do not offer your child sweets, she will not miss them. A good variety includes:

4 servings of vegetables;

2-3 servings of fruits;

2-3 servings of bread/cereal/beans/potatoes;

2-3 servings of protein like tofu, meat, eggs, fish, lentils;

2-4 servings of milk, cheese, yogurt (8-16 oz milk/day)

Children often eat small portions at a time, so anywhere from 3-6 small meals may be ap-

propriate. If she sits to eat, she will not be as likely to choke on food.

Good eating habits are formed now, so help your child sit at the table with the family with TV and smartphones off so he is not distracted and can focus on eating as well as learning from the rest of the family. Have fun at the table, talk about the best and worst and funniest parts of everyone's day, so it can be a time everyone enjoys.

Safety

Poison Control Center: 1-800-222-1222

Please put this number in your phone!

Poison Control has a great deal of information about poisons and medications and can help you know what to do if your child gets into something poisonous to her. Call if you are concerned!

Everything in your house is becoming more accessible to your (almost) toddler. And everything your child picks up will make its way to your child's mouth. So, what changes do you need to make to your household cleaning supplies, your knives and scissors, your hair dryer or curling iron, matches or lighters, bookshelves or furniture, electrical cords, medicine storage?

Please get ready for not only your walker, but also your climber (think kitchen table, chairs, sofa, crib).

Do not leave your child alone: in the house, in the bathtub, in the yard or in the car!

Remember to apply sunscreen 15 minutes before going outside.

Discipline

Discipline is one of the gifts you can give your child. You have the opportunity to direct, encourage, and love your child so she will grow up to be a loving, encouraging, consistent, disciplined adult.

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Your baby is increasingly understanding your words and your tone of voice. By the time he is 15 months old, he will understand everything that is part of his daily life, so do not be surprised if he heads to the door if you are talking about going to the store. Or if she gets a toy that you mention or he finds a “lost” object for you. She will also be able to understand if you ask her not to touch something. Because your child is so excited to learn about this new world and to try out his new skills, he will be more inclined to climb and shake and throw and taste things. Your job is to let her learn about her world while you keep her safe. Putting up gates and putting objects away wherever possible, will help keep your “no”s to a minimum.

Your job is to teach him what is expected of him. If you teach her to be responsive to you and to stop when you say no, if she was ever in a dangerous situation you could be sure she would follow your directions and hopefully stay safe.

But you will first have to teach her the rules. Do not have a lot of rules, but enforce each one that you have. Be consistent! Your child will want to please you and obey your rules, if he knows that you love him. You can show her this by giving her lots of hugs or other physical signs of affection (wrestling, tickling); by spending time with him; by telling her how special she is and making a special point to affirm hard work that she has done (remember that even stacking blocks is hard work!); and by doing special things for her.

Every child will try to check your limits. At this age, he might try to attract your attention as he is heading to a forbidden object (electric outlet or stereo system) to see if you will be consistent in your request that he not touch it. Please do not disappoint him! If you have said “no” before, continue to say “no” (or “that’s dangerous”). You may want to distract her before she gets to the forbidden object,

and if she can be distracted that is great, but if not, be ready to reinforce your request.

One year olds can be escorted from the situation entirely (go to another room) or put in time-out for a minute. Time-out can be increased one minute for each year of age. Some people find that escorting the child to his room and telling him that he was not listening so he needs to spend time alone, but may rejoin you when he is ready to listen allows the child to learn to process a change in attitude and return without having an external predetermined time. If she returns to do the same forbidden activity, she can be returned to her room with the same instructions that she may join you when she is ready to obey.

You should aim to be calm, kind and quiet in your instructions. Sometimes ignoring a protest and restating your instructions in a different way is helpful, such as when you tell him it is bedtime at a certain time and he says he does not want to go to bed (or throws himself on the floor crying!), restate that it is going to be bedtime in x minutes (timers can help here) and calmly direct him to bed when the time comes.

If your child is repetitively challenging you, be sure to ask yourself if she needs your attention and does not mind getting it in a negative way just so she can have attention! In this case, you may want to restructure your activities to be certain your child feels loved and has your positive attention.

Sleep

Consistent routines are important here! Bedtime routines include his/her falling asleep alone (we hope) after a settling down process with you which may include book reading, praying or singing songs together.

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Dental Care

It's time to brush your child's teeth, or at least clean his mouth once or twice a day. You can use a soft toothbrush, a clean washcloth or one of the finger cots sold for cleaning teeth. Toothpaste with fluoride is recommended, just a smear on the toothbrush (with the rest of the tube stored out of reach). Your mouth has germs that can cause decay of baby teeth, so sharing your toothbrush is not recommended. Cleaning her teeth before bed (no food or beverage after this), getting rid of the bottle and avoiding juice or sweet drinks will all reduce the development of cavities.

Acetaminophen dose

(160mg/5ml) every 4-6 hours
(max. 5 doses in 24 hours)

Ibuprofen dose

(100mg/5ml) every 6-8 hours

Ibuprofen should always be given with food or milk.

Immunizations

Please discuss these with your doctor. There are boosters for Hemophilus B, pneumococcus, DTaP, as well as the MMR and chickenpox (Varivax) and Hepatitis A vaccines to give between 12 and 18 months. They can be administered in a variety of combinations.

Colds/illnesses

Your child will get about one cold each month as he is building his immunity against them. Because he does not have all his antibodies activated, he will have each cold for at least 2 weeks. Sometimes the cold will come with a low grade fever (99-101°F), a sore throat, green drainage from the nose and a cough. You can give her lots of liquids to drink, run a humidifier (cool mist) and elevate her head slightly to help her to be more comfortable. Tylenol will help to reduce the fever and the fussiness that comes with the cold, but the fever is the body's way of fighting the virus so you may want to use other ways to comfort your child. Viruses are not treated with antibiotics!

If the fever is over 102° F or any fever lasts more than 4 days, if your child will not pay attention to things going on around her, if she is breathing fast even when the temperature is lowered, if her fever goes away and then returns, or if you are worried about how your child is acting then we would like you to call us.

If your child is coughing so much that he cannot sleep well and has a runny nose, you may try saline nose drops to clean his nasal passages so the nasal discharge does not stimulate a cough. Honey, especially local honey, has been shown to help reduce coughing. Darker honey has more antioxidants and is thought to be more beneficial than lighter honey.

If your child is wheezing or having trouble breathing, please call.