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12 Month Visit

You have a One Year Old! Congrats! You made it! Phew! Now the fun really begins

Development

1. Your child should be able to communicate wants with gestures or words, say mama, dada, and maybe even a few words, stand-alone, stoop down and straighten back up and walk with support.
2. Speech is the big event over the second year of life. It is a very predictably unpredictable process. All babies understand language long before they can actually speak it. As long as your baby is understanding more and more of what you are saying, she will learn to say the words in a matter of time.
3. To encourage speech development it is important to talk to your baby. Use proper pronunciation avoiding “baby talk”. Name common objects and point out body parts, frequently repeating the words. Toddler books are important as they have colorful pictures and simple words. Reading and singing to your child reinforces language skills more than anything else you can do, so put down the smart phone and talk with your very smart baby instead.
4. Discipline means teaching your child limits and setting rules. Consistency is important. Exploring the environment and testing the limits you have set is your one-year-old’s way of developing independence. This is the sign of a healthy developing toddler. It is very normal, and also very normal for you to get frustrated.
5. Try to find time for you, your spouse, and other children. Try a “date night”, “girl’s night out” or other special activities. It is common for the one-year-old to have separation anxiety, exhibiting crying when left with a sitter (even a grandparent). Do not allow this to keep you from going on a needed night out.

Injury Prevention

1. Continue to keep the car seat rear facing. If you purchase a new car seat, make sure the weight goes up to 60-80 lbs as it will hopefully be the last car seat you buy. Be sure to get it inspected.
2. You may feel that your baby is cramped in the rear-facing seat, but this is by far the safest position for her in the event of an accident. Keep her rear facing until age 2.
3. Choking is the biggest risk to your baby right now. Do not give your child foods or objects that can be easily aspirated. Peanuts, popcorn, grapes, raisins/craisins, and hot dogs can be sucked into the windpipe. Balloons and small toys are also hazardous. Be careful after you have visitors. “Childproof” your home but never assume that it will remain that way. Frequently check the measures that you have taken. When you are visiting other people’s homes, supervise your child, as their home may not be childproofed. Read the handout for more information.
4. Learn how to perform the Heimlich maneuver (this is the preferred method to remove airway obstruction in children over 1 year of age). Ideally, take a CPR class, or, dare I say, at least, “Google it.”
5. Drowning is the next biggest risk to your baby. Constantly supervise your child around water including pools, lakes, toilets, and mop buckets. A child can drown in a very small amount of water. If you have a pool or live near a body of water and you can not find your infant, ALWAYS check there first.
6. Use lots of sunscreen! Read the handout for more information.

Nutrition

1. Appetite naturally falls off the second year of life. Children will become picky if you worry about what they eat. If your child is growing and gaining weight, do not worry. Your child will not starve himself.
2. Continue to introduce new foods and offer foods that have previously been turned down. Be sure each meal offers at least one food your toddler likes.
3. Children this age should be having their meals on the same schedule as the rest of the family. If your child refuses to eat at a mealtime, do not allow him to have a snack shortly after. Simply wait until the next meal.
4. Allow 2-3 healthy snacks per day. Keep candy and junk food as occasional treats. Obesity is by far the biggest health risk facing our children, and you help prevent that starting now.

Next Visit

We will see you again for the 15 Month Visit. There will be a few more vaccines. By then, most babies are walking and talking. You now have a Toddler!

Choking Prevention and First Aid for Infants and Children



When children begin crawling, or eating table foods, parents must be aware of the dangers and risks of choking. Children younger than 5 years can easily choke on food and small objects.

Choking occurs when food or small objects get caught in the throat and block the airway. This can prevent oxygen from getting to the lungs and the brain. When the brain goes without oxygen for more than 4 minutes, brain damage or even death may occur. Many children die from choking each year. Most children who choke to death are younger than 5 years. Two-thirds of choking victims are infants younger than 1 year.

Balloons, balls, marbles, pieces of toys, and foods cause the most choking deaths.

Read more about choking prevention and first aid.

Dangerous foods

Do not feed children younger than 4 years round, firm food unless it is chopped completely. Round, firm foods are common choking dangers. When infants and young children do not grind or chew their food well, they may try to swallow it whole. The following foods can be choking hazards:

- Hot dogs
- Nuts and seeds
- Chunks of meat or cheese
- Whole grapes
- Hard, gooey, or sticky candy
- Popcorn
- Chunks of peanut butter
- Raw vegetables
- Fruit chunks, such as apple chunks
- Chewing gum

Dangerous household items

Keep the following household items away from infants and children:

- Balloons
- Coins
- Marbles
- Toys with small parts
- Toys that can be squeezed to fit entirely into a child's mouth
- Small balls
- Pen or marker caps
- Small button-type batteries
- Medicine syringes

What you can do to prevent choking

- *Learn CPR (cardiopulmonary resuscitation)* (basic life support).
- *Be aware that balloons pose a choking risk* to children up to 8 years of age.
- *Keep dangerous foods from children* until 4 years of age.
- *Insist that children eat at the table*, or at least while sitting down. They should never run, walk, play, or lie down with food in their mouths.
- *Cut food for infants and young children* into pieces no larger than one-half inch, and teach them to chew their food well.
- *Supervise mealtimes* for infants and young children.
- *Be aware of older children's actions.* Many choking incidents occur when older brothers or sisters give dangerous foods, toys, or small objects to a younger child.
- *Avoid toys with small parts*, and keep other small household items out of the reach of infants and young children.
- *Follow the age recommendations on toy packages.* Age guidelines reflect the safety of a toy based on any possible choking hazard as well as the child's physical and mental abilities at various ages.
- *Check under furniture and between cushions* for small items that children could find and put in their mouths.
- *Do not let infants and young children play with coins.*

First aid for the child who is choking

Make a point to learn the instructions on the following pages of this publication. Post the chart in your home. However, these instructions should not take the place of an approved class in basic first aid, CPR, or emergency prevention. Contact your local American Red Cross office or the American Heart Association to find out about classes offered in your area. Most of the classes teach basic first aid, CPR, and emergency prevention along with what to do for a choking infant or child. Your pediatrician also can help you understand these steps and talk to you about the importance of supervising mealtimes and identifying dangerous foods and objects.

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

From your doctor

American Academy
of Pediatrics



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The American Academy of Pediatrics is an organization of 60,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults.

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CHOKING/CPR

**LEARN AND PRACTICE CPR (CARDIOPULMONARY RESUSCITATION).
IF ALONE WITH A CHILD WHO IS CHOKING...**

1. SHOUT FOR HELP. 2. START RESCUE EFFORTS. 3. CALL 911 OR YOUR LOCAL EMERGENCY NUMBER.

START FIRST AID FOR CHOKING IF

- The child cannot breathe at all (the chest is not moving up and down).
- The child cannot cough or talk, or looks blue.
- The child is found unconscious/unresponsive. (Go to CPR.)

DO NOT START FIRST AID FOR CHOKING IF

- The child can breathe, cry, or talk.
- The child can cough, sputter, or move air at all. The child's normal reflexes are working to clear the airway.

FOR INFANTS YOUNGER THAN 1 YEAR

INFANT CHOKING

If the infant is choking and is unable to breathe, cough, cry, or speak, follow these steps. Have someone call 911.



ALTERNATING WITH



Alternate back blows (slaps) and chest compressions until the object is dislodged or the infant becomes unconscious/unresponsive. If the infant becomes unconscious/unresponsive, begin CPR.

INFANT CPR

To be used when the infant is **UNCONSCIOUS/UNRESPONSIVE** or when breathing stops. Place infant on flat, hard surface.

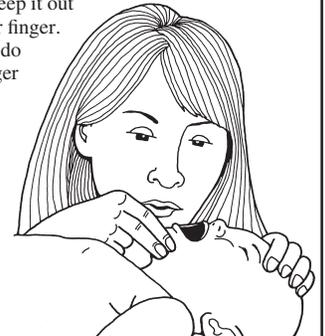
1 START CHEST COMPRESSIONS.

- Place 2 fingers of 1 hand on the breastbone just below the nipple line.
- Compress chest at least $\frac{1}{3}$ the depth of the chest, or about 4 cm (1.5 inches).
- After each compression, allow chest to return to normal position. Compress chest at rate of at least 100 times per minute.
- Do 30 compressions.



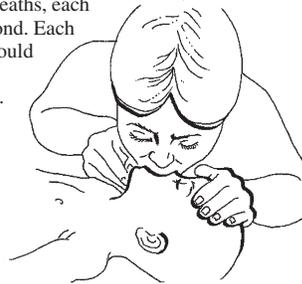
2 OPEN AIRWAY.

- Open airway (head tilt–chin lift).
- If you see a foreign body, sweep it out with your finger. Do NOT do blind finger sweeps.



3 START RESCUE BREATHING.

- Take a normal breath.
- Cover infant's mouth and nose with your mouth.
- Give 2 breaths, each for 1 second. Each breath should make the chest rise.



4 RESUME CHEST COMPRESSIONS.

- Continue with cycles of 30 compressions to 2 breaths.
- After 5 cycles of compressions and breaths (about 2 minutes), if no one has called 911 or your local emergency number, call it yourself.



If at any time an object is coughed up or the infant/child starts to breathe, stop rescue breaths and call 911 or your local emergency number.

Ask your pediatrician for information on choking/CPR instructions for children older than 8 years and for information on an approved first aid or CPR course in your community.

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- The child is found unconscious/unresponsive. (Go to CPR.)

DO NOT START FIRST AID FOR CHOKING IF

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- The child can cough, sputter, or move air at all. The child's normal reflexes are working to clear the airway.

FOR CHILDREN 1 TO 8 YEARS OF AGE

CHILD CHOKING (HEIMLICH MANEUVER)

Have someone call 911. If the child is choking and is unable to breathe, cough, cry, or speak, follow these steps.

1. Perform Heimlich maneuver.

- Place hand, made into a fist, and cover with other hand just above the navel. Place well below the bottom tip of the breastbone and rib cage.
- Give each thrust with enough force to produce an artificial cough designed to relieve airway obstruction.
- Perform Heimlich maneuver until the object is expelled or the child becomes unconscious/unresponsive.

2. If the child becomes **UNCONSCIOUS/UNRESPONSIVE**, begin CPR. →



CHILD CPR

To be used when the child is **UNCONSCIOUS/UNRESPONSIVE** or when breathing stops.

Place child on flat, hard surface.

1 START CHEST COMPRESSIONS.

- Place the heel of 1 or 2 hands over the lower half of the sternum.
- Compress chest at least $\frac{1}{3}$ the depth of the chest, or about 5 cm (2 inches).
- After each compression, allow chest to return to normal position. Compress chest at rate of at least 100 times per minute.
- Do 30 compressions.



1-hand technique



2-hand technique

2 OPEN AIRWAY.

- Open airway (head tilt–chin lift).
- If you see a foreign body, sweep it out with your finger. Do NOT do blind finger sweeps.



3 START RESCUE BREATHING.

- Take a normal breath.
- Pinch the child's nose closed, and cover child's mouth with your mouth.
- Give 2 breaths, each for 1 second. Each breath should make the chest rise.



4 RESUME CHEST COMPRESSIONS.

- Continue with cycles of 30 compressions to 2 breaths until the object is expelled.
- After 5 cycles of compressions and breaths (about 2 minutes), if no one has called 911 or your local emergency number, call it yourself.

If at any time an object is coughed up or the infant/child starts to breathe, stop rescue breaths and call 911 or your local emergency number.

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