In this letter you’ll find helpful resources and learn about:

- Your child’s next well-child visit.
- Vaccines recommended at 12 months.
- Offering your child healthy foods.
- Including foods with vitamin D in your child’s diet.
- Scheduling your child’s first dental checkup.
- Creating a family media use plan.
- Pregnancy planning.
- Eating healthy and taking vitamins.
- Preventing injury.
- Car seat safety.
- How to prevent burns.
- Keeping poisons out of reach.

Happy reading!

Watch Me Grow – 12 Months

Well-Child Visits

Your child is one!

Your child’s next well-child visit is due just after his or her first birthday. Bring your child’s Lifetime Immunization Record and Childhood Health Record to every checkup. If you have any questions about your child’s growth and development, bring his or her developmental screening results to the visit with you.

Immunizations

Immunizations between 12 and 18 months

Childhood immunizations can safely protect your child from 14 different diseases. Vaccines strengthen the immune system by preparing it to defend against viruses and bacteria that cause serious disease. More than one dose of a vaccine is often needed for the best protection against specific diseases. Talk with your nurse or doctor about which of the following vaccines your child needs to be up to date:

- Hepatitis B (HepB)
- Diphtheria, tetanus, acellular pertussis (DTaP)
- Haemophilus influenzae type b (Hib)
- Pneumococcal conjugate vaccine (PCV)
- Inactivated Polio Vaccine (IPV)
- Flu (influenza), yearly
- Measles, mumps, and rubella (MMR)
- Chickenpox (varicella)
- Hepatitis A (HepA)

To comfort your child during and after immunizations, try these tips:

- Stay calm. Your child can sense when you are anxious. If you don’t think you can stay calm, find out if there is someone else who can be with your child while he or she gets vaccinated.
- Bring your child’s favorite toy or blanket.
- Hold your child on your lap. Talk or sing with him or her.
- Breastfeed or bottle feed your child.
- Put a cool, clean, wet washcloth over the area where the shot was given.

Ask your doctor about medicine for pain or fever. Find more comfort tips at immunize.org/catg.d/p4014.pdf.

Nutrition and Physical Activity

Your child needs healthy foods every day

For growth and energy your child needs food rich in fiber, protein, and vitamins and minerals (iron, calcium), such as fruits, vegetables, grains, chopped meats, eggs, beans, or tofu. Your child’s stomach is small so he or she needs to eat healthy snacks between small meals.

Milk for one-year-olds

If you’re breastfeeding, your breastmilk has the fat, protein, and most vitamins and minerals your child needs for healthy growth and brain development. Follow your child’s cues and nurse him or her as often as he or she needs. Talk to your doctor about a vitamin D supplement and adding other foods to your child’s diet that are rich in vitamin D. If your child is formula-fed, it is recommended that you switch him or her to whole cow’s milk at one year of age.

Whole cow’s milk is a better source of fat than lower-fat milk or non-dairy milks for your growing child and for his or her brain. Vitamins, such as vitamin D, are added to cow’s milk to meet your child’s needs. Give your child a total of four to five servings of whole milk foods a day. A serving of milk is four ounces. More than that can make your child too full to eat other foods. Wait until your child is at least two years old to give him or her non-fat or low-fat milk.

If your child has trouble digesting cow’s milk, talk to your doctor or nurse or someone from the Women, Infants, and Children (WIC) Nutrition Program about other foods to give him or her that have enough calcium, such as lactose-free milk or calcium- and vitamin D-fortified soy or rice milk.

Oral Health

Time for your child’s first dental checkup

Your child should see the dentist (or a doctor trained to check children’s teeth) by age one even if his or her teeth have not grown in yet. This visit is usually a short and simple exam with your child on your lap. Your dentist will suggest ways to prevent tooth decay. To find a dentist, call the Family Health Hotline at 1-800-322-2588 or the Washington Information Network at 211.

Growth and Development

No screen time (TV, video, or computer) until 18 months

The American Academy of Pediatrics recommends no screen time, other than video-chatting, until at least 18 months. Instead, talk, sing, read, and play with your child to help his or her brain develop best. Come up with a media use plan for your family. Take into account each child’s age, health, personality, and developmental stage. Find a sample plan at healthychildren.org/mediaseplan. Share your plan with your children’s other caregivers so media rules are consistent.

Very young children can feel stress

Starting child care or changing child care providers can be hard for your child. He or she may seem needier or not sleep or eat well. It is normal for children to miss people they have spent time with. Be patient. If you see a change in behavior, try to think about what routines may have changed. Comfort your child and talk about it. Even though your child may not be able to talk back to you, your child will know that he or she can depend on you when things are difficult or scary. For more help, call the Family Help Line at 1-800-932-4673.

Comfort me before and after I get immunizations.
Pregnancy planning
Waiting at least 18 months between pregnancies is best for you and your baby. This allows your body to heal and reduces the risk for preterm delivery. Full-term pregnancy is best for a baby’s brain, lungs, eyes, ears, and organs. Learn how to reduce risks of preterm pregnancy at bit.ly/2q7p5Gk. Call the Family Health Hotline at 1-800-322-2588 to find a family planning provider.

Keep your body healthy
Eat meals and snacks that include a variety of fruits, vegetables, protein, and whole grains. Choose foods rich in calcium, vitamin D, iron, and folic acid. Check with your doctor to ask if you should continue your prenatal vitamin or take a multivitamin. All women who are able to get pregnant need 400 to 800 micrograms of folic acid to help prevent conditions affecting the spine or brain in babies.

Safety
Encourage your child to explore safely
Never leave your child in a room alone. Always make sure there are safe places to play when you can’t give him or her your full attention. If the room you are in is not child proofed, put him or her in a play seat (without wheels) or a playpen for a short period of time.

Make sure your home is safe for your child to explore. Put dangerous or breakable things, including any e-cigarette/vaping or marijuana products, in a locked cabinet or up high and out of reach. Do not expect your child to leave these things alone just because you say “No!” Putting them away is easier and safer. Keep furniture away from windows so your child cannot climb up and fall out. Window screens are not strong enough to hold him or her inside. Consider adding window stops for upper-level windows and set them to stop at 4 inches. Bolt or strap tall or heavy furniture, such as dressers, flat panel TVs, or TV cabinets, to the wall from the top.

Lead dust and chips from paint in older houses can cause lead poisoning. If you live in a house built before 1978, you could have lead hazards in your home. Talk to your doctor about testing your child’s blood for lead.

When you buy a toy, look at what age child it is meant for. Your child is not old enough for toys with small pieces or sharp edges. He or she will enjoy simple toys, such as plastic cups in the bath or a large cardboard box.

Keep your child in a car seat
Keep your child in the backseat of your car and buckled into a car seat. A car seat that is used correctly can save your child’s life. You’ll hear from us again before your child is 15 months old with information on:
- When your child can get burned by hot water, drinks, and food. Watch him or her closely in the kitchen. Here are some tips to prevent burns:
  - Keep pots, bowls, and cups away from the edge of the table or counter.
  - Use the back burners and always turn pot handles toward the back of the stove.
  - Avoid using tablecloths. Children can pull hot things off of the table and onto themselves.
  - Do not hold hot drinks when carrying your child, when your child is on your lap, or when he or she is in the stroller.

Prevent burns (scalds)
- Keep pots, bowls, and cups away from the edge of the table or counter.
- Use the back burners and always turn pot handles toward the back of the stove.
- Avoid using tablecloths. Children can pull hot things off of the table and onto themselves.
- Do not hold hot drinks when carrying your child, when your child is on your lap, or when he or she is in the stroller.

Environmental Health
Lock up things that can poison your child
Older babies and toddlers are curious. They learn to open containers (even ones that are child resistant) and may eat things that will harm them, such as:
- Cleaning powders and liquids.
- Iron pills, vitamins, and medicines.
- Liquid nicotine, marijuana products, and mouthwash.

Keep these kinds of things on a high shelf in a closet or cupboard with a door that locks. If you think your child has been poisoned, stay calm and call the Washington Poison Center at 1-800-222-1222. If your child is unconscious, convulsing, or having trouble breathing, call 911.

For information on poisons around the home and environmental toxins, visit wapc.org or call 1-800-222-1222.

Lock up anything that can poison me.

Thanks for sharing! Share this letter with other caregivers in your child’s life. You’ll hear from us again before your child is 15 months old with information on:
- Hand washing.
- Helping your child learn about emotions.
- How dangerous batteries and magnets can be to your child.

Referrals
- Post vaccination care tips: immunize.org/catg.d/p4014.pdf
- Find a dentist: Call 211, visit 211.org, or call the Family Health Hotline at 1-800-322-2588 (TTY relay)
- Family media use plan: healthychildren.org/mediauseplan
- Family planning questions: Visit bit.ly/2q7p5Gk and parenttrust.org/call-fhl or call 1-800-932-4673
- Washington Information Network: Call 211 or visit 211.org (TTY 711) and wapc.org
- The Washington Poison Center (WAPC): 1-800-222-1222

For the Health of All Our Children
Child Profile is a program of the Washington State Department of Health

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