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1 Year Visit

Your 1 year old is growing and developing quickly. Gross motor skills that are, for nearly all kids, mastered include pulling to a stand and bearing weight. Many children can walk when holding on to furniture, cruise, and some can walk by themselves. Fine motor skills that are well developed include picking up food or other small objects with the thumb and 1st finger, pincer grasp, and can quickly put those objects in their mouth. Kids can understand some words and have started to, in some instances, say single words that you can understand such as mom and dad with the specific understanding of who those people are.

So, with these awesome skills, your child is now able to get into some trouble. Watch out for small objects on the floor or other surface your child can reach such as a coffee table. With the pincer grasp small objects could be placed in the mouth and so breathed into the lungs called aspiration and would show up with nagging cough after an initial choking fit. The child is very curious so stairs and cupboards are fun for kids, scary for parents! Childproof aggressively by gating off areas that are dangerous and closely watch your child whenever these places are accessible.

The car seat should be switched out for the 5-point harness type, if not done previously. There are weight and height restrictions for the infant seat that has usually been passed by this time so check to make sure your child is safe. I recommend rear-facing car seat until 2 years of age. Most 5-point-harness carseats can be both forward and rear facing so read the manufacturers information specifications.

Please, I would recommend that you sit on the floor with your child, play on their level. This stimulates the brain. You could play music, read picture books or simply bang on a box with a spoon. Your child will learn no matter what you do. That is the good and the bad of it so watch what you are showing through your own behaviors. Children shouldn't watch T.V. at all until 2 years of age. It is well-recognized television impacts kids in many ways including causing sleep disturbance, aggressive behavior and obesity. It starts young.

At this age, food and diet are in a state of transition. Up until now the majority of nutrition for most kids has been of a liquid type, formula or breast milk. At this point, there should be the understanding that solid food, table food, should be the greatest source of nutrition. Three meals and 2-3 snacks should be given. All food groups should be offered at each meal, protein, dairy, fruits and/or vegetables and breads. Protein foods include cheese, nuts, egg and red meats, chicken and fish. Dairy includes milk, cheese and yogurt. Those of you who

prefer non-dairy alternatives soy or nut milks are great milk substitutes. The missed dietary factors include vitamin D and iron. I recommend a daily multivitamin and I have a link on the website where these can be purchased at a discounted price. This can be accessed on my page of the "Meet Us" tab of the website. Iron should be in abundance if meats and dried fruits and leafy greens are incorporated. Unprocessed fresh foods no juice and no soda are an easy way to make healthy choices. Whole grains and avoiding white sugar and caffeine is highly recommended. To avoid creating fussy eaters offer all types of foods, sit down all together and eat the same foods, keep offering foods that have not been preferred. Breast milk is still a great option for those moms who can continue to nurse.

Nighttime feedings should be eliminated as should bottles and pacifiers. This is a good age to get rid of these things and if you allow them to stay only become more difficult to get rid of later. Sleep at this point should be started about 15 minutes earlier than the bedtime to allow "winding down" time. The ritual of bedtime helps kids to sleep and should be adhered to. An example of a bedtime routine might be, have some milk and light snack such as cookie or fruit, reading a book then hugs and climb in bed. That transitional object is helpful for separating at bedtime from your child. A stuffed animal or doll without buttons to fall off might do the trick. Music at this time could help sleep come. Cribs mattresses should be on the lowest position and no bumpers at all so the child can't climb out of the crib. A little crying at night is OK, it will fade with time as the child learns how to put him or herself to sleep. Going in to "help" will lengthen the process, be calm and they will learn.

Remember that a daytime routine is quite helpful. It helps the child establish constancy in the world helping with a feeling of security which translates to better tempered, healthier kids.

Vaccines at this time are recommended. These are printed on your visit handout. Tylenol or Motrin can be used for discomfort. MMR and Varicella, the recommended vaccines, could cause a rash in approximately 2 weeks. This is normal and doesn't indicate a problem, the child usually feels OK even though they have a rash.

The next visit is at 15 months of age.

It is a magical time for your child, enjoy.

Call for concerns. Suzy

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