



## YOUR ONE-YEAR OLD

### IT'S TIME TO PUT THE BOTTLES AND PACIFIERS AWAY!

Between 12-15 months, children naturally form attachments to transitional objects for comfort - blankets, lovies and stuffed animals. Unfortunately, this also can happen with milk bottles and pacifiers. It is so much easier to get rid of bottles and pacifiers at 12 months than it is at 15 months or older. Start offering whole milk in a cup - sippy cup, straw cup, open cup - anything other than a bottle. Do not give more than 24 oz of milk a day.

### FOOD SAFETY

Pediatricians recommend not giving the following foods until your child is at least 3 years old to prevent choking. We have had patients who have required bronchoscopy to remove these foods from their lungs - you don't want this to happen to your child!

Do not give LARGE PIECES OF NUTS, SEEDS, POPCORN, GUM, HARD CANDIES or MARSHMALLOWS. Hard candies are super dangerous! They can easily slip into the throat and block the airway. And marshmallows can form a glue ball in children's throats.

Caution is needed with the following foods:

ROUND FOODS - quarter all hot dogs, cheese sticks, meat sticks, grapes, large blueberries, small tomatoes. Cut into tiny pieces no larger than ¼ inch.

STICKY FOODS - foods such as nut butters and cheese spread should be spread thinly and cut into piece no larger than ¼ inch.

Remember that molars are required to grind fruits and vegetables, so avoid foods that couldn't be eaten by a toothless person until after 2 years.

### CHANGE IN EATING HABITS

Somewhere between 1-2 years of age, most children will begin to eat several small meals per day and one bigger meal every 1-3 days. Simultaneously, toddlers naturally thin out. Sometimes parents want to "rescue" kids who aren't eating well by offering excess milk (this usually occurs if they are still taking a bottle) or starches (such as common snack foods such as goldfish, applesauce, etc). Don't fall into this trap! This causes nutritional deficiencies and iron deficiency anemia.

At the same time, many toddlers begin to get picky. This is temporary, but it's important to keep offering these foods to get the child to take it again. Eating together helps. Eat lots of vegetables. Offer food that you're eating. Model the eating behaviors that you'd like your children to have.

When children reach this stage, don't worry. If your child is hungry, he will eat. Don't offer excess milk. Don't offer juice. Avoid starchy foods. Offer nutritious foods of all kinds. If your child refuses, offer later.

### GENERAL SAFETY

Toddlers become expert problem solvers after 15 months and many will learn how to climb on countertops. They grow tall enough to open doors. They start to try to climb out of their crib. They figure out how to open containers. It's time to ramp up your childproofing to the next level!

When outside, your increasingly mobile child might run into the street or in the parking lot. They need constant supervision at this age (no wonder you're tired!). If you have a pool or hot tub, fence or cover it. Most safety experts recommend two layers of protection, such as a fence with an alarm or a fence with a cover. Locks on doors are not sufficient to keep them away from the pool. Think about other things that hold water, too - fountains, buckets, etc. Drain the tub at the end of the bath.

### TOOTH BRUSHING

If you have not already started brushing your child's teeth, you should begin. The American Academy of Pediatric Dentistry and the American Academy of Pediatrics recommend using a tiny amount of fluoridated toothpaste (the size of a grain of rice) to brush teeth twice daily.