

One Year

DATE _____
HT. _____
WT. _____

SHOTS TODAY

- Varivax (Chickenpox)
- Hepatitis A – No reaction expected
- The rare reaction to the Varivax is a fever and rash in 6 to 10 days. No treatment needed except for the fever and discomfort.

Baby Drops Children's

- Tylenol _____
- Motrin _____

THINGS YOU MIGHT SEE

- May be walking alone
- Drinking from a cup
- Personality/Independence
- A few words (maybe)

ACCIDENT PREVENTION

- Falling/head bumps common
- Choking/Poisoning big danger
- Drowning more likely
- Car seat important (**rear-facing until 20#**)
- Poison Control 1-800-222-1222

THINGS TO EXPECT

- Running/climbing
- Using words for communication
- EATING LESS
- Behavior becomes more of an issue



Feeding

STOP THE BOTTLE! It is easier to do now than later. "Cold turkey" is the easiest/most effective method. Breast babies often begin to nurse less about now.

WHOLE MILK IN A CUP (if tolerated). Baby food or table food or a combination, all are okay. Do what you and the baby like, there aren't any rules here. Set a pattern of three meals and two to three snacks daily at set times. He may not eat at all of them, but get the habit/routine in place.

APPETITE IS DOWN. Your job: What, when and where they eat. Babies' job: Whether and how much they eat. **NO BOTTLES!**

Development

Shoes are for grandma to buy, otherwise soft shoes, sox, or bare feet are fine.

Learn the "good luck" approach. Allow your child to try and fail – failure is a good teacher. Say "good luck" to your child when you think she's making a poor choice, as long as it's not illegal, immoral or life-threatening. Then, "I'm sorry" if things turn out the way you knew they would. "Nice try" is another good phrase.

Some babies talk because they like to, others only talk when/if they need to. Act like you have no clue as to what she/he is pointing at, and let her/him find out how much quicker it comes when they say the word/s. **READ. READ. READ. AVOID "BABY TALK" OR MISPRONUNCIATIONS.**

Sleep

Should be sleeping in own crib all night. If not, and if you consider this a problem, let me know, otherwise, I've told you enough times for you to know what I'll say!

Babies and children are insatiable for time, attention – they have a huge appetite that can never be satisfied. Your job is not to keep them satisfied.

Remember, you create your child's reality.

Suggested Reading

- "Parenting With Love And Logic" (Cline/Fay)
- "Siblings Without Rivalry" (Faber/Mazlish)
- "Grace-Based Parenting" (Kimmel)
- "Winning at Parenting" CD/DVD (Coloroso)