

HEALTH TRACKS

A Newsletter From Local Public Health to Improve the Health of Families in NW Minnesota



Public Health
Prevent. Promote. Protect.

AGE - 12 MONTHS



GREETINGS!

In a couple of weeks your baby will be a year old. Congratulations on all your patience, guidance, and love that has helped your baby grow and develop this past year.

YOUR CHILD'S HEALTH CARE

Well-Child Check-Ups:

- Now is the time for you to schedule an appointment for your baby's 1 year check-up.
- Remember to ask your doctor about lead testing
- Eye doctor appointment if not already done
- Dental varnish to be done if not already done, check with local public health

Immunizations (shots):

Be sure to take your infant's immunization card with you. If your baby is behind or hasn't received any immunizations they can be started at any time. Don't wait any longer to protect your child from these dangerous preventable diseases. If you have any questions, call your local public health office or health care provider.

ACTIVITY TIP

Let your baby help you clean up, play "feed the wastebasket" or give items to you. He/she will start to do a lot of imitating in the next 3 months.

YOUR GROWING CHILD

In the next 3 months you will notice that your baby is doing some of the following:

- ✿ using more words
- ✿ walking a few steps independently or holding on with one hand or may walk well
- ✿ eating foods with fingers
- ✿ using a cup and a spoon
- ✿ may be able to help undress
- ✿ recognizing names of familiar people, objects and body parts
- ✿ taking 1-2 naps a day
- ✿ brushing teeth 1-2 times a day (with your help)

REMEMBER: *Premature infants may develop more slowly. Be sure to contact me if you have any concerns.*

FEEDING YOUR CHILD

Your baby should now be eating a wide variety of foods, either prepared or soft table food. If feeding table foods, avoid foods that may cause choking such as corn, raw carrots, celery, unpeeled apples, raisins, nuts, popcorn, hot dogs, grapes or hard candy.

- ★ Encourage healthy snacks like cheese cubes, yogurt, toast, soft fruit or cooked vegetables

At 1 year, your baby can stop using formula and start drinking whole milk (no skim milk). Encourage using a cup and wean from the bottle. Your 12 month old will need only 16 to 24 ounces per day. Breastfeeding can continue as long as mom and baby desire. If you have questions about weaning from the breast or bottle, please call me.

Common Health Concerns



- ◆ Many children are hurt in accidents at this age
- ◆ Please follow the safety reminders in this letter
- ◆ In the first two years of life, your child could have 10-12 colds. Colds spread very easily. Most colds go away by themselves, usually within a week. However, you should call your health care provider if:
 - your child has difficulty breathing
 - clear mucous becomes thick and green
 - cough lasts longer than 1 week
 - pain in ear
 - temperature over 101 degrees F under the arm
 - Blister-like rash appears on the face and does not improve after neosporin ointment has been applied for 2 days



To make your child more comfortable,

- encourage fluids and rest
- only give aspirin-free medicine for a fever (acetaminophen or ibuprofen)
- use a cool moist humidifier or vaporizer (set it close to his/her bed and clean it every day)
- may use saline nose drops to help loosen mucous in the nose
- administer cough and cold medicines as advised by your health care provider



CHICKENPOX INFORMATION

Chickenpox is one of the most common childhood viral diseases. It is usually mild and not life-threatening to children who are otherwise healthy. Most children who get chicken-pox won't have any complications from the disease. Until recently, chickenpox could not be easily prevented with a vaccine, only treated. Now parents can have their children immunized against chickenpox and prevent the discomfort and possible complications the disease may cause.

Please talk to your healthcare provider or public health nurse if you have any questions about the Varicella vaccine.

WHAT CHICKENPOX LOOKS LIKE:

- ◆ A skin rash that develops on your child's scalp and body, then spreads to the face, arms, and legs over a period of 3-4 days
- ◆ This rash progresses to blisters, then become open sores with brown crusts. Call your healthcare provider if the sores get large red areas around them as some children may develop a skin infection.
- ◆ School-age children often get a mild fever for 1-2 days before the rash appears
- ◆ Other symptoms, such as chills, fussiness, loss of appetite, headache
- ◆ It is highly contagious (easily spread to others) from 2 days before the sores break out until the sores are dry and crusted over. Children with chickenpox are required to stay home from school (daycare) until no longer contagious.

FOR SKIN DISCOMFORT AND ITCHING:

- ◆ Give child a cool bath with baking soda or Aveeno in it, every 3-4 hours and apply calamine lotion.
- ◆ Trim child's fingernails and keep hands clean to prevent infection of the sores.
- ◆ **DO NOT** give any medications with Aspirin in it. Be sure to read the labels.
- ◆ You may give Acetaminophen.
- ◆ Call your health care provider if you have any questions. Sometimes other medicine can be given to relieve itching.

POSITIVE PARENTING

Your baby is very curious about her environment. Try not to restrict his/her curiosity, but make areas safe, and supervise him/her.

One-year-olds are not very patient and they don't understand sharing.

When upset, she may hit or slap without realizing that she could hurt someone. If she reacts physically, pull her back from the situation and state, "Don't hit." Then redirect him/her to other play. Distraction works well with toddlers.

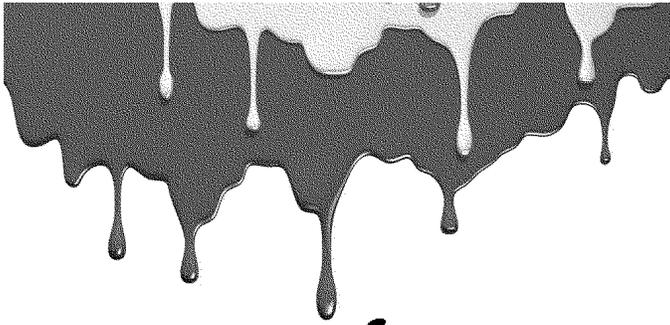
- ★ Baby learns best by repetition.
- ★ Set reasonable limits.
- ★ Be consistent.
- ★ Use "No" in dangerous situations.
- ★ Respond positively to good behavior.
- ★ Offer limited choices (Do you want to wear the red or green shirt?)



Never resort to discipline that physically or emotionally hurts your baby. If you feel you are losing control, take a few deep breaths, count to ten, step into the other room, or get someone to watch your baby so you can have a break.

Safety Check

- ✓ Never leave hot food within baby's reach.
- ✓ Always keep sides of the crib up.
- ✓ Always keep small items out of baby's reach.
- ✓ Keep household cleaners and medicine in high places or in a locked cabinet.
- ✓ Never call medicine "candy".
- ✓ Keep poison control phone number by the phone (1- 800-222-1222).
- ✓ Use safety latches on cupboard doors.
- ✓ Cover electrical outlets.
- ✓ Always use an approved car safety seat. Keep them in a rear facing position as long as the vehicle and car seat will allow.
- ✓ Never leave baby alone near water, this includes when she is in the bath tub.
- ✓ Use gates to keep baby away from stair case.
- ✓ Confine outdoor play to a fenced in area unless under close supervision.
- ✓ Keep gun unloaded and out of reach.
- ✓ Never leave baby alone in the car.
- ✓ Keep crib mattress at lowest setting.
- ✓ Learn CPR.



ACTIVITY TIP

Encourage language by using words correctly and repeating them to your baby.

Don't forget to take some time for you. Being a parent is a challenging and rewarding job, but it can be difficult and stressful. Don't neglect yourself, or relationships you have outside of your 1-year-old. Get a reliable babysitter and take a walk, visit a friend, go to a movie, or go out to eat. The time away from your baby will help to recharge your batteries!

Please call me if you wish to discuss your baby's well-child check-up, immunizations or any concerns you might have about her/his growth and development and let me know any change in name, address, or phone number you may have.

I will be writing to you again before your baby is 15 months old. If you have friends that are pregnant or have young infants, please tell them to join our program by calling me. Bye!



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