

**Best Kids Care  
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My Head Circ is \_\_\_\_\_%

Infant Tylenol \_\_\_\_\_ml

My Length is \_\_\_\_\_%

My Weight is \_\_\_\_\_%

**12 to 15 Months Old Baby**

Your baby is full of himself and full of fun! walking and his/her environment is open for exploration. As he/she learns to walk, that becomes the dominant goal in child life. Language may take a back burner for a month or two. But don't worry if trying to walk more than talk! As soon as he/she is walking, desire to learn to talk will be back stronger than ever! will begin to copy your words, and his/her words will sound something like what you said, will also use gestures to communicate. Also will point and may shrug shoulders when you ask him something he/she doesn't know. Now can follow simple directions even those with two parts, and may start having some temper tantrums. If you ignore them, they will usually fade away.

**FEEDING YOUR BABY:**

Your toddler needs foods from the same basic nutrition groups that you do, just in different amounts.

**FOOD GROUP from THE FOOD GUIDE PYRAMID**

Meat, fish, poultry, eggs.....2 servings

Dairy products.....3 servings

Fruits and vegetables (rich in vitamin C).....1 or more servings

Dark green, orange fruits and vegetables (rich in vitamin A).....1 or more servings

Other fruits and vegetables, including potato.....3 or more servings

Breads, cereal grains, rice and pasta.....6 or more servings

By this point, your child should be able to eat just about anything the rest of the family is eating. Just try to avoid extra- spicy or extra- sweet foods. And make sure anything you give the child is mashed or cut into tiny pieces. This is the time when your toddler will want to start feeding self. Be sure to have plenty of unbreakable plates, cups, and spoons and forks around, but don't always expect your child to use them. At about one year, your baby should be turning in the bottle for a cup.

- Try to get your child into a routine, with meals and snacks served at about the same time each day.
- Give her smaller portions of food than what you would eat. For instance, give one tablespoon of food for every year of her age.
- Give your child less than you think she'll eat, and let her ask for more.
- Don't force your child to clean his/her plate. If he/she says had enough, respect that. Forcing to finish those last bites may makes the child overeat, or develop an unhealthy attitude about food.
- Even though play time may build your child's appetite, give the child a little quiet time before he/she eats. The child eats better if relaxed.

- Stay close by your child as he/she eats in case the child starts to choke.
- Offer foods that appeal to children, like cut-up raw vegetables and other finger foods.
- Instead of giving your child a sugary snack for a reward or as a bribe for good behavior, give her extra attention instead. Along these lines, don't hold dessert over her head as a reward for cleaning her plate.

### **GIVE HER WHOLE MILK UNTIL 2 YRS OF AGE**

**VITAMINS:** Poly-vi-sol drops or half of a chewable vitamin.

### **ACTIVITIES WITH ONE YEAR OLDS:**

- Take him/her for a walk and let child bring his/her pull toy. Play simple chase games. Blow bubbles and let child chase them.
- Let him/her push buttons on activity toys. Let him/her turn pages of a book.
- Read colorful books, your child pick up words quickly but you may have to do a lot of repetitions. Have conversations with your child and listen when he/she talks. Sing simple songs with your child.
- Play peek-a-boo with your child. The child loves the idea of you having to search for him/her and child truly believes that he/she is invisible when the child holds his/ her hands over eyes.
- Put pictures of grandparents in your child's room or near the phone so he/she can "see" the person who is talking to him/her.
- Play "name the body parts" with her. She will love pointing to the part you name.
- Invest in some blocks for child to stack. Do activities that show cause and effect, like hitting a block tower and watching it fall.
- Let your child experiment with paper and fat crayons with you. You can put them away when you are not supervising so they will not get eaten.

### **SAFETY:**

Be sure you have child proof the house. A toddler loves to put his finger in holes like electric sockets so make sure they are covered. If you have stairs put up a guard fence, as he like to climb and doesn't realize that he can fall. Make sure there are no pennies or little toys or beads around as she will like to swallow them or put them in her nose or ears.

**CAR SEAT:** At 22 lbs of weight your baby can have a front facing car seat.