As your child begins to walk, run, and climb, she needs freedom to explore and clear limits to keep safe.

Your child’s health

The Well Visit  Make sure your child has a 1-year check-up. Your doctor will give vaccinations and ask you questions about your child’s development.

Let your doctor know if your baby:
• Does not crawl.
• Drags 1 side of his body after crawling for over 1 month.
• Cannot stand while supported.
• Says no single words.
• Does not point to objects or pictures when asked.
• Does not use gestures such as waving or shaking the head.

Schedule your next visit. You will probably need to come back at 15 or 18 months.

Sleep  At this time, some children start giving up their morning nap and take just 1 afternoon nap each day.

Nutrition  By 12 months, your baby is ready to stop drinking formula. Now, he should drink up to 16 to 24 ounces of whole milk a day. Also, put milk or water in a cup instead of a bottle.

At 12 months, your child might not eat a lot at each meal. Give her 5 or 6 small healthy meals a day instead of 3 larger ones. Cut foods into small pieces to avoid the risk of choking.

Do not give your child:
• Raw vegetables
• Hot dogs
• Popcorn
• Candy
• Nuts
• Whole grapes

Sources: Your Baby’s First Year and Caring for Your Baby and Young Child, American Academy of Pediatrics, Steven P.shelov, MD, FAAP, editor in chief, Understanding Children, Civitas and Richard Saul Wurman, KidBasics, Civitas, Healthy Sleep, Happy Child, Marc Weissbluth, MD.
All infants and toddlers should ride in a Rear-Facing Car Seat until they are at least 2 years of age or until they reach the highest weight or height allowed by their car seat’s manufacturer. Any child who has outgrown the rear-facing weight or height limit for his convertible car seat should use a Forward-Facing Car Seat with a harness for as long as possible, up to the highest weight or height allowed by the car seat manufacturer.