

Happy First Birthday!



Immunizations between 12 and 18 months

Your baby is due for his next checkup **after** his 1st birthday. Bring his Lifetime Immunization Record Card and Childhood Health Record to each checkup.

Immunizations can safely protect your baby from more diseases than ever before. Getting several vaccines at the same time does not harm your baby's immune system, or reduce his ability to fight off other infections. More than one dose of vaccine is often needed for the best protection against certain diseases. If your child has not received all of the recommended doses, he may receive them at this check up:

- Hepatitis B (Hep B)
- Diphtheria, Tetanus, acellular Pertussis (DTaP)
- *Haemophilus influenzae* type b (Hib)
- Inactivated Poliovirus (IPV)
- Measles, Mumps and Rubella (MMR)
- Varicella (chickenpox)
- Pneumococcal Conjugate Vaccine (PCV)
- Influenza (flu) vaccine every fall
- Hepatitis A (Hep A)

To comfort your baby during and after his immunizations, try the following:

- Bring a favorite toy or blanket with you.
- Hold him on your lap. Talk or sing with him.
- Breastfeed your baby during or right after the shots are given.
- Ask your doctor about giving your baby a non-aspirin pain reliever when you get home.
- Give your baby plenty of fluids. He may eat less than usual for the next 24 hours.

Your baby needs healthy foods every day

Your baby needs foods like fruits, vegetables, and grains such as bread, rice and cereal for growth and energy. Offer her foods high in protein and iron daily, like chopped meats, eggs, cooked beans or tofu. Her stomach is small so she needs to eat healthy snacks between meals.

Whole milk for one-year-olds

Breastfeeding gives your baby important nutrition and comfort. If your baby is still breastfeeding, great job!

Most babies can digest milk by age one and should drink milk instead of formula. Whole milk gives your baby the calcium, fat and vitamin D he needs for growth and brain development. Your baby should drink four to six servings of whole milk or breastmilk (½ cup or 4 ounces per serving) daily. More than that can spoil his appetite for the other foods he needs. Wait until your baby is at least two years old to give him non-fat or low-fat milk.

If your baby has trouble digesting cow's milk or is allergic to it, talk to your doctor or nurse. Other foods like calcium-fortified soy or rice milk, or tofu made with calcium can give your baby the calcium he needs.

Switch from a bottle to a cup

By age one, breastfed and bottle fed babies should be drinking from a cup. Keep the following in mind when choosing a cup:

- Choose a cup without a valve or straw. The only way your child can get liquid out of many "no spill" cups is by sucking. This prevents your child from learning to sip.
- A snap-on or screw-on lid can reduce spills but still allows your child to sip.
- A cup with two handles makes it easier for your child to hold the cup.
- A cup with a weighted base prevents the cup from tipping over.



- Immunization information
- Child care referral agencies
- Affordable health insurance
- Food and nutrition assistance
- Prenatal resources
- Family planning services
- Local health clinics
- Free screenings for developmental concerns

Call the Family Health Hotline with questions about your CHILD Profile mailings.

Keeping Your Baby Healthy and Safe

Encourage your baby to explore safely

Make sure there are safe places for your baby to play when you can't give her your full attention. If the room you are in is not baby-proofed, you could put her in a play seat (without wheels) or a playpen for a short period of time.

Check your home again to make sure it is safe for your baby to explore. Put dangerous or breakable things in a locked cabinet or up high and out of reach. Do not expect her to leave these things alone just because you say "No!" Putting them away is simpler and safer.



Keep furniture away from windows so your baby cannot climb up and fall out. Window screens are **not** strong enough to hold her inside.

When buying a toy, look on the box for the age the toy is designed for. Your baby is not old enough for toys with small pieces or sharp edges. She will enjoy simple toys, such as plastic cups for the bath or a large cardboard box to play in.

The American Academy of Pediatrics advises no TV until age two

It may be tempting to turn on the TV or put in a video or DVD, and seat your baby in front of it. However, the American Academy of Pediatrics advises no TV until at least age two. Talking, singing and playing with your baby helps his brain develop.

Be patient with your baby

A baby's normal behavior can be hard to handle. Yelling, hitting or shaking your baby when you are upset is very harmful. If you ever feel like you might hurt your baby, put her in a safe place and take a break. Call a friend or family member for support. The Family Help Line can answer parenting questions and give you information on finding parenting groups and classes. They can be reached at 1-800-932-4673 or www.parenttrust.org.

Protect your baby's new teeth

Now is the time for your baby's first dental checkup. This visit is usually short and simple. Find a dentist who sees babies and plan to get his teeth checked at least once a year. If you cannot find a dentist, talk with your own dentist, or your doctor or nurse about your baby's teeth.

Keep your baby in her car seat

Keep your baby buckled up in her infant car seat in the back seat facing the rear of the car until she is **at least age one and over 20 pounds**. This position protects her back and neck from serious injury. When she outgrows her infant car seat, move her to a convertible seat that can be used rear-facing up to at least 30-35 pounds.

A car seat that is used correctly can save your baby's life and is required by law. As she gets more active, she may not want to stay in her car seat. To help her be happier during the ride, give her soft toys, talk and sing to her.

Never leave babies or children in the car without an adult even for a short time. It is very dangerous.

Lock up things that could poison your baby

Older babies and toddlers are curious. They learn to open containers (even ones that are child-resistant) and may eat things that will harm them, such as:

- cleaning powders and liquids
- iron pills, vitamins and medicines
- perfumes and mouthwash

Keep these kinds of things on a high shelf in a closet or cupboard with a door that locks.

The Washington Poison Center recommends keeping a bottle of syrup of ipecac at home. It can help with some kinds of poisoning. **However, do not use it unless a medical expert tells you to do so.**

If you think your child has been poisoned, remain calm and call the **Washington Poison Center** at 1-800-222-1222. If your child is unconscious, having convulsions, or has trouble breathing **call 911**.

Prevent burns (scalds) from hot foods

Babies can get badly burned by hot water, drinks or food. Watch your baby carefully in the kitchen. He will be curious and may try to grab hot foods.

- Keep pots, bowls and cups away from the edge of the table or counter.
- Use the back burners and always turn pot handles toward the back of the stove.
- Avoid using tablecloths or letting electric cords dangle. He could pull hot things onto himself.
- Do not hold hot drinks when he is in your lap, you are carrying him or he is in the stroller.

Contact the **Northwest Burn Foundation** for a free scald prevention kit:
1-888-662-8767, www.nwburn.org

For the Health of All Our Children

CHILD Profile is a service of the Washington State Department of Health

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