

Your baby is one!

Your baby's next checkup is due just after his or her first birthday. Bring your child's Lifetime Immunization Record card and Childhood Health Record booklet to every checkup.



high in protein and iron daily, such as chopped meats, eggs, cooked beans, or tofu. Your baby's stomach is small so he or she needs to eat healthy snacks between small meals.

Immunizations between 12 and 18 months

Immunizations can safely protect your baby from more diseases than ever before. Vaccines strengthen the immune system by preparing it to defend against serious disease-causing viruses and bacteria. More than one dose of vaccine is often needed for the best protection against specific diseases. Talk with your nurse or doctor about which of the following vaccines your baby needs to be up-to-date:

- Hepatitis B (HepB)
- 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 yearly
- Hepatitis A (HepA)

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

- Bring your baby's favorite toy or blanket.
- Hold your baby on your lap. Talk or sing with him or her.
- Breastfeed or bottle feed your baby.
- Put a cool, clean, wet washcloth over the injection site.

Ask your doctor about medicine for pain or fever. Find more comfort tips at: www.immunize.org/catg.d/p4014.pdf.

Your baby needs healthy foods every day

Your baby needs fruits, vegetables, and grains, such as bread, rice, and cereal for growth and energy. Offer foods

Milk for one-year-olds

If you are breastfeeding, your breast milk has the fat, protein, and other vitamins your baby needs for healthy growth and brain development. Nurse your baby at least four times a day. Talk to your doctor about a vitamin D supplement and adding other foods to your child's diet that are rich in vitamin D.

If your baby is formula-fed, it is recommended that he or she be switched to whole cow's milk. Whole cow's milk is a better source of fat and calcium for your growing baby. Vitamins, such as vitamin D, are added to cow's milk to meet your baby's needs. Give your baby a total of four to six servings of whole milk daily. A serving is ½ cup (four ounces). More than that can make your baby too full to eat other needed foods. Wait until your baby is at least two years old to give him or her non-fat or low-fat milk.

If your baby has difficulty digesting cow's milk, talk to your doctor or nurse about other foods, such as calcium-fortified soy or rice milk, or tofu made with calcium, that can give your baby the calcium he or she needs.

Mom: Pregnancy planning

A full-term pregnancy (at least 39 weeks) is best for the health of a baby's brain, lungs, eyes, ears, and organs. It's best to wait at least one year after giving birth before getting pregnant again. If your baby was born before 37 weeks, you are at a higher risk of it happening again. To find out ways to reduce that risk, visit: www.doh.wa.gov/waitoneyear. To learn more about having a healthy pregnancy and to find a family planning provider near you, call the Family Health Hotline at 1-800-322-2588 or visit: www.parenthelp123.org.

Keeping Your Baby Healthy and Safe

Encourage your baby to explore safely

Never leave your baby to explore in a room alone. Always make sure there are safe places to play when you can't give him or her your full attention. If the room you are in is not baby-proofed, you can put him or 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 your child to leave these things alone just because you say "No!" Putting them away is easier and safer. Keep furniture away from windows so your baby cannot climb up and fall out. Window screens are not strong enough to hold him or her inside.

When you buy a toy, check to see what age child it is meant for. Your baby is not old enough for toys with small pieces or sharp edges. He or she will enjoy simple toys, such as plastic cups in the bath or a large cardboard box.

No screen time (TV, video, or computer) until age two

The American Academy of Pediatrics advises no screen time until at least age two. Talk, sing, read, and play with your baby to help his or her brain develop best.

Very young children can feel stress

Starting child care or changing child care providers can be hard for your baby. He or she may seem more needy or not sleep or eat well. It is normal for babies to miss people they have spent time with. Be patient. If you see a change in behavior, try to think about what routines may have changed. Comfort your baby and talk about it. Even though your baby may not be able to talk back to you, your baby will know that he or she can depend on you when things are difficult or scary. For more help, call the Family Help Line at 1-800-932-4673.

Time for baby's first dental checkup

Your baby should see the dentist (or a doctor trained to check children's teeth) by age one. This visit is usually a short and simple exam with your baby on your lap. To find a dentist, call the Family Health Hotline at 1-800-322-2588 or the Washington Information Network at 211.

Keep your baby in a car seat

Keep your baby in the back seat of the car and buckled into the car seat. A car seat that is used correctly can save your baby's life and is required by law.

Babies should sit rear-facing until they reach the weight OR height maximum for their car seat. For most babies, this will be after age two. You may want to turn your baby forward-facing at age one, but it is five times safer for him or her to stay rear-facing as long as possible. This protects your baby's head, neck, and spine from serious injury.

As your baby gets more active, he or she may not want to stay in the car seat. To help him or her be happier during the ride, talk and sing to your baby or give him or her soft toys.

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

Lock up things that can 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.
- Liquid nicotine, marijuana products, and mouthwash.

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

If you think your child has been poisoned, stay 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**.

For information on poisons around the home and environmental toxins, visit: www.wapc.org or call **1-800-222-1222**.

Prevent burns (scalds) from hot foods

Your baby can get burned by hot water, drinks, or food. Watch him or her closely in the kitchen.

- 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. Babies can pull hot things off of the table and onto themselves.
- Do not hold hot drinks when you are carrying your baby, when your baby is on your lap, or when he or she is in the stroller.

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