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## 12 MONTHS

**Immunizations:** MMR (Measles, Mumps, Rubella) #1, Varicella (otherwise known as Chickenpox) #1, Hepatitis A #1.

- Ok to give Tylenol or Ibuprofen for discomfort or fever.

**Labs:** Hemoglobin or Iron, Lead, Vitamin D. We can either provide you an order to get these drawn at a lab. Alternatively, a fingerstick for hemoglobin only can be done in the office.

**Development:**

Social/Emotional: Plays games like patty cake, peek a boo. Cries when a parent leaves. Tests parental responses. Stranger anxiety.

Communication: Waves “bye-bye”. Calling parents “mama” or “dada” or another name. Understands “no”. Responds to simple commands.

Motor: Pulls to stand. Walking while holding onto furniture or another's hand. Pincer grasp. Crawling or another way of moving around.

Problem-solving: Puts items in a container. Looks for things that you hide. Bangs objects together.

Talk, sing and read books to your child. Show them picture books and allow them to point to different objects. Provide push toys. Go places to provide outside stimuli. Play with a ball. Avoid the use of screens (tv, tablet, phones). Set limits and teach them boundaries. When your child is doing something wrong it is best to redirect their attention to accepted behaviors.

**Feeding:**

- Offer 3 meals and 2-3 snacks daily. Eat together as a family as much as possible.
- Night time feeding should be stopped if not already.
- Formula can be stopped and for most kids whole cow’s milk is recommended. Volume needs to be limited to <20 oz daily.
- Bottles should be weaned. Offer liquids in a sippy cup or straw cup.
- Best method to avoid picky eating habits in toddler age is to introduce lots of different colors, tastes, and textures to infants with their solid food early on.
- Offer healthy foods, avoid sweets.
- End feeding when your child stops eating. If they throw food on the floor, only put a small amount on their plate at a time and stop feeding.
- Avoid small, hard foods that can cause choking such as nuts, popcorn, hot dogs, grapes, raw veggies.



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**Common Concerns:**

**Sleeping:**

- Keep a routine. Have the hour before bedtime be calming.
- Average sleep time is 11 hrs. at night and they may drop down to 1 nap.

**Teething:**

- Your baby should have at least 1 tooth now, and all baby teeth (x20) by 3 years old.
- Brush teeth twice daily with water only.
- All children should establish care with a dentist for regular cleanings by at least 3 years old, some advice going by 1 year for a first visit.
- Fluoride is needed to help protect teeth. Fluoride topical application will be offered in the office until your child goes to the dentist. Fluoride is also added to a lot of tap water, if it is not in your water or you prefer to drink bottled water, ask us about fluoride supplements.
- Wean off using a bottle.

**Safety:**

- Cars - In California it is law to keep children rear facing until 2 years old. It should comply with the height and weight limit specified by the manufacturer of your car seat. It is much safer to keep children rear facing.
- Drowning - Empty water from buckets, tubs, pools immediately after use. Never leave your baby alone in water, and keep them close enough to touch. If you have a pool, it needs to be fenced off on all sides with locking gates. Be very diligent with knowing where your kids are at all times. Consider a swim safety course for your infant, such as ISR.
- Falls - Baby gates need to be on all stairs, top and bottom. Install window gates on all 2nd or higher windows to prevent falls.
- Slides- Co-sliding not recommended. Going down a slide with a child on your lap is a common cause of leg fractures (bone break) in children.
- Poisons- Chemical cleaners, soaps and medications all need to be placed in a high cabinet locked up. Put them away right after they are used. Call poison control if there is concern about an exposure at 800-222-1222.
- Suffocation - Keep small objects like balloons and plastic bags away from your child.
- Guns - It is best to not have guns in the home. If you do have them, please keep them unloaded and locked up with ammunition in a separate place.

**Suggested Reading for Parents:**

*How to Talk so Kids will Listen & Listen so Kids Will Talk.* Adele Faber & Elaine Mazlish  
*Peaceful Parent, Happy Kids.* Dr. Laura Markham

*The Whole-Brain Child.* Daniel Siegel, M.D. & Tina Bryson, Ph.D.

*No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind.* Daniel Siegel, M.D. & Tina Bryson, Ph.D.

*1-2-3 Magic.* Thomas Phelan Ph.D.

*Happiest Toddler on the Block.* Harvey Karp M.D.

*Raising your Spirited Child.* Mary Kurcinka

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