



One Year Preventive Exam

Immunizations

MMR (Measles, Mumps, and Rubella), Chicken Pox vaccine, Hepatitis A

Development

Many one-year-olds are beginning to walk. Some children walk as early as 10 months of age, others don't take that first step until about 15 months. As your child becomes more mobile, it is extremely important to supervise her around any body of water. If you have a pool, it should be fully enclosed and equipped with self-closing gates. Buckets of water and kiddie pools should be emptied when not in use. **REMEMBER, IT ONLY TAKES SECONDS TO DROWN.**

Children also begin to say words at about a year of age. Most one-year-olds are starting to use a couple of syllables together. You can help your child's developmental progress by giving him plenty of opportunities to move around furniture on carpeted floors and by talking a lot to him. Explain to him everything that you are doing with him. Tell him what he is eating, playing with, or wearing. Teach him body parts and animal sounds. Reading to him provides an excellent speech model and teaches object permanence. Avoid exposure to television and other screens, even as "background noise." By 15 months of age, most children understand speech and are using at least 5 to 10 words. A rear-facing car seat is still recommended until 2 years of age.

Diet

Your child may now eat all types of foods. You can introduce cow's milk. Ask your pediatrician if they recommend whole milk or low fat milk for your child. Make the transition to milk gradual. It should take less than a week to switch completely to milk. We try to get kids off the bottle at one year. If your child can drink from a sippy cup, you can stop giving milk in a bottle and then the bottle will naturally go away as you transition. Milk should now be thought of as something to drink with meals rather than a meal itself. The only foods to avoid are hard things that might cause choking or aspiration. These include peanuts, hard candy, popcorn, nuts, hard raisins, seeds, and hard pieces of meat. Grapes should be cut in half and hot dogs should be cut into small pieces. Be sure to brush your child's teeth at least every night.

Click here for our [Medication Dosing Guide](#) to see recommended dosing of acetaminophen and ibuprofen.

CONTINUE TO USE A REAR-FACING CAR SEAT UNTIL 2 YEARS OF AGE. MAKE SURE FIREARMS ARE SAFELY LOCKED UP. REMEMBER POOL SAFETY.