

Baby and You

A newsletter for parents of one year-old babies



Baby Shots

As you celebrate your baby's first birthday, remember it is time to get more baby shots:

- MMR (measles, mumps, and rubella)
- Hib - fourth dose
- Varicella (chicken pox)
- Hepatitis B - second or third dose
- Pneumococcal - fourth dose
- Hepatitis A - first dose
- Flu

Please call your doctor or the health department (1-800-432-4121 or 547-0295) to make an appointment for your baby's one year shots.

Your child is able to feel happy, mad or sad. He may show his feelings by smiling, crying or pointing. When you respond to your child in a gentle manner, you are showing him that his feelings are important.

HAPPY BIRTHDAY! You and your baby have come a long way in the past year! There are many more changes to look forward to in the months ahead.

Your Baby at 12 Months...

Your baby can:

- Walk with help
- Say one to three words, his name, "bye-bye"
- Start experimenting with a spoon
- Enjoy making games out of items such as measuring cups, egg cartons, and muffin pans
- Be weaned from the bottle

Your baby needs:

- ...an opportunity to practice new movements in a safe place.
- ...opportunities to wave bye-bye, name body parts, and play peek-a-boo
- ...small amounts of mashed food, such as potatoes or applesauce, to practice using a spoon
- ...time to explore different shapes and sizes. Bath time is a great learning time.
- ...to be offered liquids in a cup



Safety Needs:

- protect your baby from hot liquids; turn pan handles toward the center of the stove
- keep cleaners and medicines out of baby's reach
- post the Poison Center number by the phone: **1-800-222-1222**

Dental Needs:

- clean your baby's teeth after meals and before bed with a soft toothbrush
- your baby's one-year molars may start appearing
- keep your baby's teeth healthy by limiting sippy cups of juice or milk between meals
- parents with tooth decay need treatment

This newsletter is provided by Great Start, Health Department of Northwest Michigan, and the Charlevoix-Emmet Intermediate School District.

The Road to Reading...

12 months

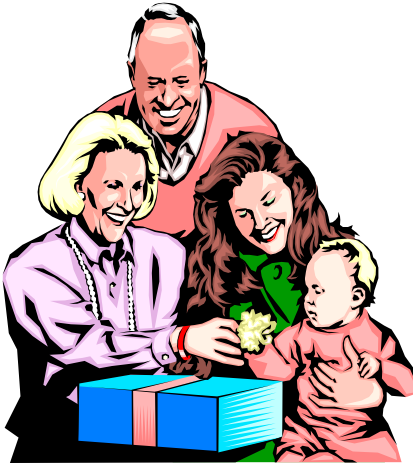
*Talk * Read *Explore

You can:

- * **Ask** questions when you read. Ask, "Where's the ball?" or "What does the dog say?" Soon your child will be pointing to the ball and making a woof, woof sound for the dog. This will help him learn more words.
- * **Play peek-a-boo**. Hide objects by covering them or moving them out of sight. Ask, "Where's the doll?" This will help your child learn the names of things.

Book Corner: One year-olds love looking at pictures of themselves, family members, and other children. Put photos in a small picture album and keep it along with your child's other books. Your child will love looking at it. Our book pick: *Read to Your Bunny*, by Rosemary Wells.

Parent to Parent...



There are many resources to help you as a parent of a one year-old:

Babies all develop at different rates. If you have concerns about your baby's development, call **Early On** at 1-800-327-5966. If you have concerns about your child's hearing, call the health department for **FREE** hearing screening at 1-800-432-4121.

Need health insurance for your children ages 0-18 years? **Healthy Kids Medicaid** or **MiChild** is available. Call 547-0295 or 1-800-432-4121 for more information.

The **Great Start Network** offers an **event line** for families to keep you up to date on the events happening in your school district for families with children 0-5. Call 1-877-866-3714 twenty four hours a day and receive access to the event line.

Playgroups! The Women's Resource Center, a partner in the Great Start Network, offers playgroups for children aged 0-48 months in Ellsworth, Boyne City, Charlevoix, East Jordan, Alanson, and Petoskey. All playgroups are free and are held from 9:30-11 a.m. To locate a playgroup in your area, call 347-0067.

For helpful tips and health information, please visit the following websites:

www.aap.org
www.1800earlyon.org
www.mywebmd.com

For baby information and products:
www.babycentral.com

For smoking cessation help:
www.michigan.gov/tobacco
www.quitnet.com

For dental information and resources:
www.ada.org

For information and resources for children and families:

www.bridges4kids.org
www.marchofdimes.org
www.kidshealth.org

For breast feeding help:
www.llusa.org
www.wichealth.org

Help us go green! Please email us at Great-Start@nwhealth.org so you can start receiving our newsletters by email. Please include your child's full name in the email. This will help us save paper and postage. The email address you provide will not be given to any other agency; it is for our use only.

