



Bright Futures Parent Handout

12 Month Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

Family Support

- Try not to hit, spank, or yell at your child.
- Keep rules for your child short and simple.
- Use short time-outs when your child is behaving poorly.
- Praise your child for good behavior.
- Distract your child with something he likes during bad behavior.
- Play with and read to your child often.
- Make sure everyone who cares for your child gives healthy foods, avoids sweets, and uses the same rules for discipline.
- Make sure places your child stays are safe.
- Think about joining a toddler playgroup or taking a parenting class.
- Take time for yourself and your partner.
- Keep in contact with family and friends.

FAMILY SUPPORT

Feeding Your Child

- Have your child eat during family mealtime.
- Be patient with your child as she learns to eat without help.
- Encourage your child to feed herself.
- Give 3 meals and 2–3 snacks spaced evenly over the day to avoid tantrums.
- Make sure caregivers follow the same ideas and routines for feeding.
- Use a small plate and cup for eating and drinking.
- Provide healthy foods for meals and snacks.
- Let your child decide what and how much to eat.
- End the feeding when the child stops eating.
- Avoid small, hard foods that can cause choking—nuts, popcorn, hot dogs, grapes, and hard, raw veggies.

FEEDING AND APPETITE CHANGES

SAFETY

- Make sure to empty buckets, pools, and tubs when done.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.

Finding a Dentist

- Take your child for a first dental visit by 12 months.
- Brush your child's teeth twice each day.
- With water only, use a soft toothbrush.
- If using a bottle, offer only water.

ESTABLISHING A DENTAL HOME

Establishing Routines

- Your child should have at least one nap. Space it to make sure your child is tired for bed.
- Make the hour before bedtime loving and calm.
- Have a simple bedtime routine that includes a book.
- Avoid having your child watch TV and videos, and never watch anything scary.
- Be aware that fear of strangers is normal and peaks at this age.
- Respect your child's fears and have strangers approach slowly.
- Avoid watching TV during family time.
- Start family traditions such as reading or going for a walk together.

ESTABLISHING ROUTINES

Safety

- Have your child's car safety seat rear-facing until your child is 2 years of age *or* until she reaches the highest weight or height allowed by the car safety seat's manufacturer.
- Lock away poisons, medications, and lawn and cleaning supplies. Call Poison Help (1-800-222-1222) if your child eats nonfoods.
- Keep small objects, balloons, and plastic bags away from your child.
- Place gates at the top and bottom of stairs and guards on windows on the second floor and higher. Keep furniture away from windows.
- Lock away knives and scissors.
- Only leave your toddler with a mature adult.
- Near or in water, keep your child close enough to touch.

SAFETY

What to Expect at Your Child's 15 Month Visit

We will talk about

- Your child's speech and feelings
- Getting a good night's sleep
- Keeping your home safe for your child
- Temper tantrums and discipline
- Caring for your child's teeth

Poison Help: 1-800-222-1222

Child safety seat inspection:
1-866-SEATCHECK; seatcheck.org



American Academy of Pediatrics



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Johns Creek Pediatrics Pediatric Dentist Referrals

Alpharetta Children's Dentistry

George MacMaster, DMD, Thomas Akins, DMD, Judy Christianson, DDS
Theresa Caruso, DDS, Daniel Kratzer, DMD, MS, Med, Meaghan Kindregan, DMD
Monica Sharma, DMD, J.C. Shirley, DMD, MS

Johns Creek:

3915 Johns Creek Court
Suwanee, GA 30024
(P) 678-740-0122

Alpharetta:

4205 North Point Parkway
Building C
Alpharetta, GA 30022
(P) 770-664-4936

Cumming:

110 North Corners Parkway
Cumming, GA 30040
(P) 770-664-4936

www.alpharettachildrendentistry.com

Classic Children's Dentistry

T.J. Eberhardt, DMD
1200 Bald Ridge Marina Road
Suite 100
Cumming, GA 30041
(P) 770-888-1490

Rhonda Hogan, D.M.D, P.C. – Pediatric and Adolescent Dentistry

1380 Peachtree Industrial Boulevard, Suite 150
Suwanee, GA 30024
(P) 770.614.8914 (F) 770.619.8917
<http://www.drrhondahogan.com/>

Smile Magic

Sharon DeSouza, DMD, Pushpa Sundareswaran, DMD
2880 Old Alabama Rd. Suite 400
Alpharetta, GA 30022
(P) 678.240.2777 (F) 678.240.2782
www.smilemagicga.com

My Johns Creek Dentist

Family & Cosmetic Dental Care
Mitul Patel, DDS
2627 Peachtree Pkwy., Ste 440
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(P) 770.888.3384
www.myjohnscreekdentist.com



Alpharetta Children's Dentistry & Orthodontics

770-664-4750

Toddler
Tooth Quiz

At what age should my child first visit a pediatric dentist?

a.) or b.) 1 or 2 years old. If your child goes to bed with a bottle, we would like to see them around age 1, if not, age 2 is ideal. We do not attempt a cleaning at this age, just a quick look to make sure everything looks good. Age 3 to 3 1/2 is a good age to schedule their first cleaning appointment. The number one goal of this appointment is to have a good experience. If we clean their teeth, that's just a bonus, but if not, that's ok.

True or False: Dry cereal is a good option for snack time?

b.) False. Dry cereal and similar foods contain starch, which sticks to the teeth! When starch breaks down by enzymes in the mouth, the starch turns into sugar which can remain on teeth and cause decay.

True or False: It is okay to put your child to sleep with a bottle of milk.

b.) False. When infants are put to bed with a bottle while contains milk, juice, or liquid which contains sugar, decay can develop on the teeth for 8 to 12 hours. Nursing bottle decay is entirely preventable. If children need a bottle to fall asleep, it should only contain water. Also, be sure to brush your child's teeth with a piece of moist gauze or a damp wash cloth after feeding and especially before bedtime.

Which is the best technique to prevent cavities?

d.) All of the Above. In addition to brushing and flossing, drinking fluoridated water from birth to age 10 will reduce cavities by 50-60% for the average child. Tap water in our area has a healthy amount of fluoride, if your child routinely drinks bottled water, make sure to choose a product that contains fluoride.

To prevent damage to the teeth and jaws, children should stop sucking their thumb by this age.

c.) 3 years old. If your child is under three years old and sucks his/her fingers, thumb, pacifier, etc., you probably have nothing to worry about. Generally, a child of four years old or older who still has a sucking habit has caused some changes in the jaw development. Pacifiers generally cause less damage than a thumb sucking habit. Also, it is much easier to get rid of a pacifier!



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Toddler
Tooth Quiz

At what age
should my child
first visit a
pediatric dentist?

- a.) 1 year
- b.) 2 years
- c.) 3 years
- d.) 4 years

True or False:
Dry cereal is a
good option for
snack time?

- a.) True
- b.) False

Which is the best
technique to
prevent cavities?

- a.) Brushing
- b.) Flossing
- c.) Drinking Fluoridated
Water
- d.) All of the above

To prevent damage
to the teeth and jaws,
children should stop
sucking their thumb
by this age.

- a.) 1 year
- b.) 2 years
- c.) 3 years
- d.) 4 years

True or False:
It is okay to
put your child to
sleep with a
bottle of milk.

- a.) True
- b.) False

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