

Mouth Health

Babies will usually get their first tooth by the time they are 12 months old. Keep teeth clean by wiping with a damp facecloth or a very soft toothbrush. There is no need for toothpaste yet.

Development

At 12 months, your child will begin to

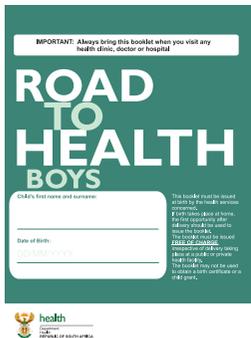
- Stand and take steps holding onto furniture
- Point to objects that he/she wants
- Say "dada", "mama" or "baba"

At this age it is important to talk and read to your child. Play "bye-bye" with your child, or repeat sounds that he/she makes and watch the child's response.



Next Clinic Visit

You will need to return to your clinic every 2 months to check your child's growth. At the 18 month visit your child will receive immunisations, deworming medicine, a vitamin A dose and an HIV test.



Danger Signs

You should return to the clinic **immediately** if your child has any of these problems:

- Refuses to eat
- Unable to breathe well or fast breathing
- Is vomiting everything he/she eats
- Diarrhoea with sunken eyes
- Diarrhoea with blood
- Lethargic or unconscious
- Convulsions/fits
- If anyone in close contact with your child has TB



Caring for your Child

12 Months



Disclaimer:

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Vitamin A and Deworming

At the 12 month clinic visit, your child will receive vitamin A drops and medicine for worms. The vitamin A will help your child to grow and protect against diseases like measles and diarrhoea.

The deworming medicine is given to all children because it can be hard to tell if a child has worms. Worms can cause a child not to grow and can also cause problems in your child's stomach and intestines.

All babies need vitamin A and medicine for worms every 6 months

Head Measurement

At the clinic, the nurse will measure the size of your child's head to make sure it is growing properly. Your child's head measurement should be between 43.5 and 48.5cm. Speak to your nurse if your child's head measurement is not in this range.



HIV Status of Mother and Child

If child is HIV-positive:

- Your child needs antiretroviral treatment (ART) to prevent him/her from getting sick
- Make sure the nurse tells you how much ART medicine to give to your child based on the child's latest weight
- Continue to give your child the antibiotic Cotrimoxazole/Bactrim daily

If child's mother is HIV-positive and child tested HIV-negative at 6 weeks:

- If you are HIV-positive and breastfeeding your child, it is now time to slowly stop breastfeeding and start giving your child cow's milk to drink. You should do this weaning slowly over a few weeks
- Once you stop breastfeeding completely, your child will need an HIV test 6 weeks later
- You need to discuss your ART for your own health with the nurse at this visit



If child's mother is HIV-negative:

- If you are breastfeeding, you should have an HIV test every 3 months even if you tested HIV-negative before

Feeding

At 12 months of age, babies can now drink full cream cow's milk. If you are HIV-negative, you can continue to breastfeed. Babies at this age need:

- About 5 small meals every day
- 500 – 750ml (2 – 3 cups) of milk every day
- Lots of vegetables and fruit, especially dark leafy greens and orange/yellow fruits

Your child should be gaining weight every month. Ask the nurse at the clinic to show you how your child is growing on the growth chart in your child's Road to Health Booklet. If your child is not gaining weight every month, speak to your nurse.

Safety

Babies at this age like to explore. It is important to keep dangerous things in the house out of their reach.

- Keep cleaning liquids, paraffin and medicine on high shelves or cupboards
- Never leave child alone in a bath or near a full bucket of water
- Keep boiling water or pots on the stove out of reach

