



## 1 Year Old

It's your baby's first birthday! In the past year, your baby has had months of growth and development.

Weight of your baby has probably tripled since birth, and their brain is about 60% of its adult size! Weight gain will start to slow as your baby becomes more active.

Your 1 year-old should be able to stand without support, as well as take their first steps! Remember to move potential hazards out of the way, cover sharp corners, and child proof the cupboards/cabinets.

By 1 year, your baby should be sleeping soundly through the night. Naps are common for children of this age, but they may have transitioned from morning naps to afternoon naps.

Vocabulary should be expanding quickly, a 1 year-old will learn by mimicking language. You might have a little mimic on your hands, if you already don't.

## Burns

How can we prevent burns for an age group that doesn't understand what burns are? Most household items that seem ordinary to us, can cause childhood burns. Taking these important safety measures will help prevent burns:

- **Reduce water temperature**
  - Always check the bathwater with your hand before you put baby in. If the water is too hot for your hand then it's too hot for baby.
- **Keep hot devices out of reach**
  - Items like curling irons and flat irons should be unplugged and kept out of reach.
- **Test food temperature**
  - Any cooked food should be tested to make sure the temperature is safe.
- **Hide matches, lighters, and other flammable material.**
  - Keep out of reach and hidden from children.
- **Install fire alarms**
  - They should be installed on each level of the house, in all bedrooms, and in the hallway.

