



1 Year

Your baby has reached their first birthday and it's time to celebrate all the milestones they have achieved along the way.

Developmental Milestones:

- Pulls self up to stand and cruise
- Uses a few gestures to get needs met
- Uses fingers to feed themselves
- Says a word or two or even several with meaning
- Tries to imitate words you say
- Plays games like peekaboo or patty-cake

Tips:

- Praising your child for good behavior
- Continuing a calm bedtime routine that includes reading
- Baby should always be in a rear-facing car seat until age two
- Keep poisons, medications, small objects out of reach
- Gates at top and bottom of stairs

Back To School

Every year kids get injured at or while traveling to school. Keep your children safe by teaching simple tips before the school year begins.

Traveling to school: Don't text or talk on the phone while walking. Distracted walking can be dangerous, especially near traffic and crosswalks.

Bicycles and scooters: Wear a helmet when biking, skateboarding, or riding a scooter to school.

Backpacks: Lighten the load! Make sure backpacks for students are not too heavy.

