



# 12 Months

This past year has been full of new experiences for everyone. Your baby may be taking a few steps on their own. With added mobility, come additional responsibilities for the parents. Cups should replace bottles, and mealtimes should become more like the rest of the family's. Enjoy simple games like peek-a-boo and pat-a-cake with your baby.

## **Developmental and Milestones**

- Pulls to a stand, moves around furniture or walks alone.
- Plays social games such as pat-a-cake, peek-a-boo and so big.
- Bangs two blocks together.
- Has vocabulary of one to three words in addition to “mama” and “dada”.
- Drinks from a cup, not a bottle.
- Waves “bye bye”.
- Feeds himself or herself.
- Points with finger.
- Uses pincher grasp when picking up small objects.
- Looks for dropped or hidden objects.

## **Sleep**

- By now your child should sleep through the night and take one or two naps during the day. He or she should not feed at night, and you should have a regular and pleasant bedtime routine. It is common for travel or illness to change the routine, but children who are used to a set routine often return back to their normal patterns quickly.

## **Feeding and Nutrition**

- Avoid foods that can cause choking such as; peanuts, popcorn, hot dogs or sausages, carrot or celery sticks, whole grapes, raisins, whole beans, hard candy, large pieces of raw fruits or vegetables, or tough meats. etc.
- Start using a spoon.
- Do not force your child to eat.
- Never overload his or her plate.
- Now that your child's growth is slower, their appetite will cut back.
- Milk intake decreases.
- May be weaned off of formula and breast milk and can begin drinking whole milk.

## **General Health and Safety**

- Begin brushing teeth twice daily with a small "pea size" amount of toothpaste.
- Remember there is no such thing as a "child proof" cap.
- Take safety to the next level. Get down on the floor at your baby's eye level to see what he or she can get into. Place plastic plugs in electrical outlets. Be sure to watch your child closely when visiting friends and family who have not baby proofed their home.
- Use a car seat that is convertible and rear-facing for as long as your child meets the seat's weight and height recommendations and at least until he or she is two years old
- Keep following safety guidelines when your child is close to water, near stairs or on high surfaces. Kids can climb onto counters and tables at this age; some will climb out of their crib.
- Make sure that the smoke and carbon monoxide detectors in your home are working.
- Keep the Poison Control Hotline posted on your refrigerator.

## **When to Call or See Your Pediatrician**

- Fever.
- Vomiting.
- Diarrhea.
- Unusual skin rashes.
- Anything out of the ordinary.

## **Tests/Labs**

- Hemoglobin
- Lead

## **Immunizations**

- MMR (Measles, Mumps, and Rubella)
- Varicella (Chicken Pox)
- PCV (Pneumococcal Conjugate)

Date \_\_\_\_\_

**Your Next Visit:** 15 Months

Height \_\_\_\_\_ Percentile \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_ AM/PM

Weight \_\_\_\_\_ Percentile \_\_\_\_\_

Provider \_\_\_\_\_

Head

Circumference \_\_\_\_\_ Percentile \_\_\_\_\_

