

12 MONTH VISIT

NAME _____ AGE _____ DATE _____

WEIGHT _____ PERCENTILE _____ HEIGHT _____ PERCENTILE _____

PHYSICIAN or NURSE PRACTITIONER: _____

What is normal development at 12 months? By this time most babies should:

- *pull themselves up to stand.
- *indicate to you what they want.
- *bang two cubes or other objects together.
- *speak 1-3 words other than "mama" and "dada."
- *say mama or dada, specifically, for their mother and father.
- *drink from a cup.
- *wave bye-bye.
- *play pat-a-cake and peek-a-boo.



Looking ahead to 18 months, most babies should:

- *walk well and kick a ball.
- *stack two blocks.
- *help around the house.
- *scribble with a crayon.
- *have a 4 to 6 word vocabulary.
- *feed themselves and drink from a cup.
- *point to some body parts correctly.



Anticipatory Guidance

Diet/Feeding:

- *It is now OK to give your toddler whole milk. Limit the amount of milk to 16 ounces or less. Limit the amount of fruit juices, as they are loaded with calories. Many babies are perfectly happy drinking cool water.
- *It is important to eliminate all bottles by one year of age. After one year, the bottle is more of a comfort item and can cause damage to your baby's teeth.
- *Avoid foods that are choking hazards, such as nuts, grapes, popcorn, carrot sticks, hot dogs, sausages, raisins, corn, tough pieces of meat, large pieces of raw vegetables, and hard candy.
- *Always supervise your child while he is eating.
- *Soft table foods and finger foods are appropriate at this age.
- *Picky eating and decreased appetite are normal as growth slows. Do not force your baby to eat. Your baby will determine the amount of food he needs. Some days he may eat lots, some days little.
- *Share meals as a family whenever possible. Make mealtimes pleasant and encourage conversation.
- *Most babies at this age are eating mostly table foods, but if your baby still prefers baby food, that is OK. Give 3 meals a day eaten with the family, and a mid-morning and mid-afternoon snack.

Sleep:

- *Maintain your child's bedtime routine - encourage him to console himself by putting him to sleep awake.
- *Some 9 month old babies begin night awakenings for short periods of time. Should this happen, check your baby, but keep the visit brief, avoid stimulating your baby, and leave the room quickly once you feel everything is OK.

Dental:

- *Let your baby imitate you with a tooth brush.
- *If your baby has teeth, brush them regularly.
- *Teach your baby to spit out the toothpaste when done.
- *For teething, cool (not frozen) teething toys, Tylenol, or topical anesthetics can be helpful.



Parenting:

- *Continue established routines. Babies are generally more relaxed when meal times and sleeping times are consistent. Bedtime is especially important, which includes a consistent routine getting ready for bed, and putting your baby to bed awake. By now your baby should sleep through the night.
- *It is important to teach your baby the word "no." Saying "no" in a stern voice with good eye contact is almost always effective in this age group. Some parents have a fear of the word "no." They do not want their child to feel restricted, so they bend the other way and let their youngster run wild without any limits. A child needs guidance for his own protection and to learn that others have rights. "No" at the appropriate time is as important for the child's development as is nutrition and love.
- * If you become angry with your baby, put the child in their crib or playpen for one or two minutes of "time out." This will allow you to calm down and allows your baby to realize he has done something wrong. During the time out your child should not be able to see you or any other family member.
- *Consistency of discipline is very important - adhering to the limits you set keeps your child safe.
- *Praise good behavior. Do not allow aggressive behavior.
- *Remember that aggressive behaviors such as hitting and biting are common at this age. How parents respond to this behavior determines if it will continue.
- *Reading to your baby is important. Talk with your baby frequently and describe things you are doing.
- *Encourage your baby to play alone with supervision, and with other toddlers.

Safety:

- *Always empty buckets, tubs, or small pools immediately after use. Ensure swimming pools have a four-sided fence with a self-closing/latching gate. Swimming pools are deadly to children this age.
- *Avoid overexposure to the sun and use a waterproof sunscreen outdoors (at least SPF 15).
- *One year is the minimum age for a forward facing car seat.
- *Safety-proof your house. Keep all poisons and weapons locked up. There is no such thing as a "child proof" cap. Install gates at the top and bottom of stairs, and place safety devices on windows.
- *California Poison Control Center: 1(800)876-4766.
- *Learn first aid and infant CPR.
- *Lock cupboards that contain cleansers, detergents, bleaches, furniture polishes, etc.
- *Do not leave heavy containers, or containers with hot liquids, on tables with tablecloths that your baby may be able to pull down.
- *Continue to keep your baby's environment smoke-free.

Next Well Baby Visit:

When your baby is **15-18 months** old, as directed.



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Happy
Birthday