

12 Month Visit

Name_____ Today's Date_____

Weight_____ Length_____ Head Circumference_____

%_____ %_____ %_____

FEEDING:

- Wean your baby from the bottle by 12-15 mos.
- Limit juice intake to 4 oz per day, from a cup, and dilute it with water. Excessive juice intake can cause diaper rash, diarrhea, excessive weight gain, decreased appetite for other nutritious foods and tooth decay. Instead, offer water between meals to satisfy thirst.
- Transition your toddler from formula to whole milk--approximately 20-24 oz per day.
- Avoid foods that your baby could choke on (nuts, hard candies, popcorn, grapes, raisins, hotdogs, large pieces of raw vegetables or fruit, gum).
- Your child's appetite will likely diminish in the second year and he/she may become a picky eater. Weight gain is slower than in the first year.
- Offer your toddler 3 meals and 2-3 nutritious snacks a day. Avoid struggles about how much and what he/she eats. Transition to offering more table foods and allow your child to self-feed with fingers or a spoon.

SLEEP:

- Most babies sleep through the night and take 1-2 naps per day at this age.
- Continue to provide a regular bedtime routine so your baby can anticipate and not resist bedtime. Reading to him/her can be an enjoyable part of this routine and stimulate language development.

DEVELOPMENTAL MILESTONES:

- Crawls, pulls self up, may walk holding onto furniture (cruising) or your hand
- Feeds self with spoon or fingers.
- Follows simple one-step commands, points to pictures or named body parts, says mama/dada with meaning and may have a few other words; uses "jargon" speech.
- Imitates others, may play "pretend" games.
- Understands/responds when their own name is called—knows their own name.

BEHAVIOR:

- Your child's increased competence is exciting but challenging. Establish rules and limits to keep your toddler safe. Discipline with distraction, verbally stating the rules and brief

time-outs. Be sure to give your child more attention for good behavior than for undesirable behavior.

SAFETY:

- Continue to use a properly installed car seat in the back seat of the car. Your child must be 1 year old AND at least 20 pounds before switching to a forward facing position.
- When outdoors, apply sunscreen with a minimum of SPF 30 and PABA-free.
- With your baby's increased mobility, injuries at this age are more common, but still preventable: lock cabinets with cleaning products & medications, cover electrical outlets, place gates at stairways, use toilet latches, lower the crib mattress, do not place heavy objects on unsteady furniture, remove any cords or small objects from your infant's reach and install safety devices on windows and screens.
- Keep the Poison Control Center phone number readily available: 1-800-222-1222 or (212)-POISONS (764-7667).

INFECTIONS:

- Expect about 6 upper respiratory infections or "colds" a year. These are caused by viruses and most will not need antibiotics. Unnecessary antibiotics may be harmful to your baby and the community.

DOSING:

Acetaminophen (160mg/5mL):

- 12-17 pounds = 2.5mL
- 18-23 pounds = 3.75mL

- 24-30 pounds = 5mL

Motrin Infant Drops (50mg/1.25mL):

- 12-17 pounds = 1.25mL (2/3 syringe)
- 18-23 pounds = 1.875mL (1 syringe)
- 24-30 pounds = 2.5mL (2/3 syringe twice)

TODAY'S VISIT:

- MMR Varicella (Chicken Pox)
- Hepatitis A Influenza (if it's flu season)
- (Any vaccination your child is behind on.)
- Hemoglobin and lead level (if not done at 9 months)

(Your baby may experience some discomfort, redness or a small lump at the site of the injection. He/she may also develop a fever in a few days from the Hep A shot or in 5-12 days from the MMR which can be alleviated with Acetaminophen. The varicella shot may give a mild rash in 2-3 weeks.)

WHAT'S NEXT?

- At 15 months, your baby will receive an exam, the HiB and Prevnar vaccines, and the influenza vaccine if it is flu season and wasn't given yet (which will need a booster in 1 month).
- Schedule a vision screening (if not already done) and a first dental visit.