

12th Month Visit

Date:

NUTRITION

You can now replace formula with whole cow's milk – 12 to 24 ounces a day is enough. Have your child drink from a cup instead of the bottle. Allow your baby to feed themselves with a spoon or finger foods. Unless there is a family history of food allergy, there are no foods you have to avoid. But, do not give your child foods that they can choke on such as nuts, popcorn, hard candy, or hot dogs cut into round pieces. Have your child sit at the table with the rest of the family at meal times. Remember that your child may need to try new food 10 to 15 times before he or she accepts them. Your baby does not need juice unless constipated, and then limit to no more than four ounces per day. If your child does not consistently eat from all food groups, offer a multivitamin with iron.

SAFETY

Continue to use an appropriate car seat. Follow the height and weight guidelines on the car seat. The current recommendation is to leave the child rear facing until two years old. Be sure your house is as "child-proof" as possible. Get down on the floor and observe from their perspective. Some general guidelines:

Cover outlets, secure electrical cord and make sure blind cords are out of reach.

Watch for hazardous items such as pins, coins, medications and plants.

Do not use walkers.

Lower the crib mattress to the lowest position and remove the crib bumper.

The kitchen is a dangerous place. Keep knives out of reach. Cook on the back burners to reduce the risk of burns.

Falls are common as children learn to walk. Install gates and window guards.

The water heater should be set below 120 F to prevent accidental burns.

Post the Poison Control Hotline on your refrigerator: **1-800-222-1222**.

IMMUNIZATIONS

Hepatitis B, Prevnar (pneumococcal), and Varicella (chickenpox).

Possible side effects include:

Fever

More irritability or fussiness

Redness or swelling at the site of the shot

There is a slight risk of fever or rash 7-12 days after the Varicella immunization.

You may give your baby acetaminophen or ibuprofen as needed.

MEASUREMENTS

Weight: _____ Lbs _____ oz (_____ %)

Height: _____ inches (_____ %)

Head circ.: _____ inches (_____ %)

DEVELOPMENT

At this age you may notice your baby:

Says one or more meaningful words or sounds

Copies sounds

Points to objects that they want

Follows simple directions

Looks for objects hidden from view

Takes steps while holding on to furniture or takes steps alone with legs wide apart

Has separation and stranger anxiety

Picks up small objects precisely with index finger and thumb

PROMOTING DEVELOPMENT

Read to your child every day. Children at this age like board books with large pictures.

Avoid baby talk with your child. Speak to them like you speak to other adults and expect that they will understand you.

Do not forget about your child's dental health. Brush their teeth with water or toothpaste without fluoride twice a day.

Make the child's first dental appointment.

FOCUS ON FAMILY

Postpartum depression is common and can arise at anytime in the first year. If you find yourself feeling sad, anxious, or depressed beyond this time, seek help and talk to your doctor.

Spend time together as a family. This is good time, if you haven't already done so, to start eating meals as a family.

Try to find time for you and your partner to be alone. Taking care of yourselves will allow you to take better care of your family.

Next visit at 15 months

