

12 MONTH VISIT

Child's name: _____

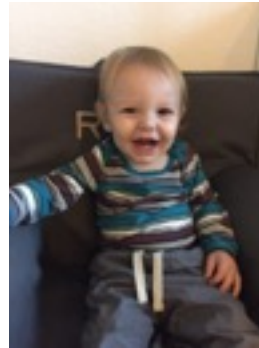
Today's Date: _____

TODAY'S MEASUREMENTS:

HEIGHT: _____ (_____ %ile)

WEIGHT: _____ (_____ %ile)

HEAD CIRCUMFERENCE: _____ (_____ %ile)



Your Growing Baby

- All babies develop at their own rate. At this age, you may notice that your baby:
 - Says one or more meaningful words or sounds
 - Copies sounds
 - Points to objects that he wants
 - Follows simple directions
 - Picks up small objects precisely with thumb and forefinger
 - Places objects inside each other
 - Looks for objects hidden from view
 - Takes steps while holding onto furniture or takes steps alone with legs wide apart
- Avoid baby talk with your child. Speak to him like you would another adult, and expect that he will understand you
- Your child is trying to do more on his own, which can be hard for you. Let your child struggle a bit to do tasks on his own but be sure to keep him safe

Immunizations

- MMR (measles, mumps, & rubella)
- Chickenpox (varicella)

Possible Side Effects

- Fever
- More irritability of fussiness
- Discomfort, redness, or swelling at the site of the shot
- Rash

If needed, you can give your baby acetaminophen (Tylenol) or ibuprofen (Motrin/Advil). Contact your doctor if symptoms are severe or last longer than 48 hours.

Labs

- Hemoglobin (to check for anemia)
- Lead

TYLENOL DOSE (ACETAMINOPHEN)

Infants & Childrens

18-23 lbs 3.75mL

24-29 lbs 5mL

MOTRIN/ADVIL DOSE (IBUPROFEN)

Infants (50mg/1.25mL)

17-21 lbs 1.88mL

22-27 lbs 2.5mL

Childrens (100mg/5mL)

17-21 lbs 3.75mL

22-27 lbs 5mL

28-32 lbs 6.25mL

POISON CONTROL

1-800-222-1222

CHILD SAFETY SEAT INSPECTION

seatcheck.org

NEXT VISIT

Fifteen months of age



SETTING LIMITS

- Your child is exploring the world and curious about everything! Make it easy for him to be good - make sure some parts of your home are safe for your child to explore freely
- Keep setting the same limits, and say "No" or "Stop" when your child does something dangerous or hostile. However, if you say these all the time, they will lose their meaning
- Smile and praise your child when she does something well
- When your child does something that he should not do, such as stand on a chair, teach your child the right way to act - say "Chairs are for sitting," while helping him sit down

Establishing Routines

- Your child should have at least one nap. Space it to make sure that your child is tired for bed
- Have a simple bedtime routine that includes a book
- Be aware that fear of strangers is normal and peaks at this age
- Respect your child's fears and have strangers approach slowly
- Avoid having your child watch TV or videos, and never watch anything scary
- Start family traditions such as reading or going for a walk together

Feeding Your Baby

- Transition to cow's milk - 16-24 oz per day is enough. This is a good time to transition from bottle to sippy or straw cup
- Continue breastfeeding if you and your baby desire
- Babies at this age do not need juice
- Give 3 meals and 2-3 snacks spaced evenly over the day to avoid tantrums
- Have your child use a spoon to feed himself - even if it is messy
- Provide healthy foods for meals and snacks
- Let your child decide what and how much to eat
- End the feeding when the child stops eating

"Avoid small, hard foods that can cause choking - nuts, popcorn, hot dogs, grapes, and hard, raw veggies"

Safety

- Have your child's car safety seat rear-facing until your baby is 2 years of age *or* until he reaches the highest weight or height allowed by the seat's manufacturer
- Lock away poisons, medications, and lawn and cleaning supplies
- Keep plastic bags, balloons, and other small objects, especially small toys from other children, away from your baby
- Place gates at the top and bottom of stairs and window guards on windows on the 2nd floor and higher. Keep furniture away from windows
- Be sure to watch your child closely when visiting friends or family who have not baby-proofed their home
- Near or in water, keep your child close enough to touch
- Only leave your toddler with a mature adult
- Make sure to empty buckets, pools, and tubs when done
- If you have guns in your home, keep them unloaded, locked, and stored away from ammunition
- Make sure that the smoke and carbon monoxide detectors in your home are working
- If you are worried about violence in your home, please speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or ndvh.org

Dental Health

- Brush your child's teeth twice a day with a rice-sized grain of fluoridated toothpaste