

12 Month Check-Up

ONE GIANT STEP FORWARD

Name _____

Weight _____ lbs. _____ oz.

Age _____

Length _____

Date _____

Head Size _____

DIET

One-year-olds are known for being picky eaters. The things that they eat and enjoy today they could refuse tomorrow. Offer a well-balanced variety of foods including finger foods and let your child choose what she would like to eat or not eat. Trust her appetite. Babies do not grow as fast during the second year of life. Your baby may not eat as much as she used to. She can sit in a high chair next to the family table. She should now be eating three meals and two scheduled snacks.

Weaning from the bottle is encouraged by 15-18 months. If you haven't, now is a good time to introduce a sippy cup. Your child may now drink cow's milk rather than formula. Your doctor will recommend what content of fat in the milk is best for your baby. There are no recommendations to discontinue breast-feeding. Do not let your now toddler walk around with food or drink.

Most foods can be eaten, but remember your child does not have molars so take care to offer foods that are easily chewed. Do not give hard foods because they can cause choking.

DEVELOPMENT

All babies develop at different rates. Your baby will soon be walking if she is not already. She will want to explore new places. Make your home as safe as possible and watch her closely. With her new skills you will also see growing independence. She is counting on you to set limits. She may frustrate quickly when her demands are not met. Temper tantrums often start at this age. Try distracting her. If this does not work, ignore the tantrum. Walk away if necessary. Do not reward the tantrum by giving in. Both parents must be **consistent** in their approach to discipline. (See also the section on discipline in your *Growing Up Healthy* book).

SAFETY/ACCIDENT PREVENTION

(Please see previous well-check prevention also)

- If your baby weighs 20 lbs., she may legally face forward in the back seat of the car. However, crash tests demonstrate that it is much safer for your infant to face backward up to two years of age.
- Don't cook with your child at your feet.
- Keep electrical appliances out of reach and out of the bathroom.
- Use the back burners on the stove and turn pan handles out of reach.
- Watch your child around any water. Bathrooms are off limits without a caregiver present.
- Never underestimate your baby's ability to climb! Safety gate your stairs.

IMMUNIZATIONS

MMR Given/Not given

Chickenpox Vaccine Given/Not given

MMR-V Given/Not given

PPD tuberculosis testing (done if risk exists) Given/Not given

Pneumococcal (PCV7) Given/Not given

Hepatitis A Given/Not given

Influenza Given/Not given

Other Immunizations Given Today:

Next health care visit is when your baby is _____years old.

Lab: Lead Done/Not done

Hgb Done/Not done

COMMENTS
