

## 12 Month Well Child Visit

Weight \_\_\_\_\_(       %)

Length \_\_\_\_\_(       %)

Head Circumference \_\_\_\_\_(       %)

### What to Expect:

*Immunizations:* MMR, Varicella (chicken pox), and Hepatitis A vaccine, Influenza vaccine in fall/winter

*Screenings/Labs:* Hemoglobin (toe poke) to screen for anemia, TB and lead risk assessment

### Feeding / Nutrition:

Your child should be eating 3 meals and 2-3 snacks spaced evenly over the day. Have them eat at the table along with the family and they should be transitioning to table foods – small soft pieces of a variety of healthy foods including fruits, vegetables, meats/fish, yogurt, cheese, beans, breads, pasta, and cereal. You can now introduce eggs, shellfish, honey and nut butters to your child after discussion with your pediatrician and watching for any allergic reaction. Avoid small, hard, or chewy foods that can cause choking such as nuts, popcorn, raisins, whole grapes, and hot dogs.

Your child should also be ready to transition from formula to whole cow's milk – drinking 16-20 oz/day on average. If you are breastfeeding, you will still want to introduce cow's milk to get your baby more fat and protein. Continue to offer water in a sippy cup and keep 100% juice to a minimum (4-6 oz/day). Talk with your pediatrician about seeing a dentist for the first time.

\*Be patient as they learn to eat on their own, it may be a bit messy.

### Development:

- Your child should be walking with support or maybe even alone
- They should be clapping and waving and starting to point at objects they want you to look at
- Your child should be babbling often using consonants and may be using 1 or 2 words
- Establish a simple bedtime routine. They should be napping 1-2 times/day
- Keep rules short and simple. Praise your child for good behavior and use distraction to minimize negative behaviors. Read to them often, at least daily, and point to pictures.

### Safety Issues:

- Avoid choking hazards with foods and supervise your child at all times when eating
- Keep them in a rear facing convertible car seat in the back seat until 2 years old
- When in or near water, always keep your child close enough to touch
- Keep poisons, medications and cleaning supplies up high and locked and keep poison control # handy at all times: 1-800-222-1222
- If there are guns in the house, LOCK them away

### Notes: