

# 12 Month Visit

Name\_\_\_\_\_

Today's Date\_\_\_\_\_

Weight\_\_\_\_\_

Length\_\_\_\_\_

Head Circumference\_\_\_\_\_

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## FEEDING:

- Transition your baby from infant formula to whole milk. Your baby should drink approximately 16-20 ounces of whole milk daily.
- Wean your baby from the bottle by 15 months of age.
- Limit juice intake to 4-6 ounces a day and consider diluting it with water. Excessive juice intake can cause diaper rash, diarrhea, excessive weight gain, decreased appetite for other nutritious foods, and tooth decay.
- Offer water between meals to satisfy thirst.
- Your baby's appetite will likely diminish in the second year. Weight gain is slower than the first year. Your baby may become a pickier eater.
- Offer your baby 3 meals a day and offer 2-3 nutritious snacks a day. Avoid struggles about how much and what your baby eats. Transition to offering more table foods and allow your baby to self-feed with fingers or a spoon.

- Avoid foods that your baby could choke on (nuts, hard candies, popcorn, grapes, raisins, hot dogs, large pieces of raw vegetables or fruit, chewing gum).

## SLEEP:

- Most infants are sleeping through the night and are taking 1 - 2 naps during the day at this age.
- Continue to provide a regular bedtime routine so your infant can anticipate and not resist bedtime. Reading to your infant stimulates language development and can be an enjoyable part of this routine.

## TYPICAL DEVELOPMENTAL MILESTONES:

- Crawls, pulls self up, walks with support.
- Feeds self with spoon or fingers.
- Follows simple commands, points to pictures or named body parts, says mama and dada discriminately and may have a few other words; uses "jargon" speech.
- Imitates others, may play "pretend" games, may be fearful of strangers.

**BEHAVIOR:**

- Your infant's increased mobility and competence is exciting but can be challenging. Establish rules and limits to keep your infant safe. Discipline with distraction, verbally stating the rules, and occasional brief time-outs. Be sure to give your infant more attention for good behavior than for undesirable behavior.

**SAFETY:**

- Continue to use a properly installed car seat in the back seat. Your infant must be 1 year old and at least 20 pounds before switching to a forward facing position. Check your specific car seat instruction sheet for details.
- With your infants increased mobility, injuries at this age are more common, but fortunately, still preventable.
- Lock cabinets which contain household cleaners and medications, cover electrical outlets, use toilet latches, place gates at stairways, and constantly supervise when near water.
- If your infant is outdoors, apply sunscreen with a minimum SPF of 15 and PABA-free.
- Keep the Illinois Poison Control Center phone number readily available (1-800-222-2222).

**FURTHER READING:**

- Caring for Your Baby and Young Child. Birth to Age 5 (AAP) or Your Child's Health (Barton Schmitt)
- The Nursing Mother's Companion (Huggins)
- Solve Your Child's Sleep Problems (Ferber)

**DOSING OF ACETAMINOPHEN INFANT DROPS (80mg/0.8mL):**

- 12-17 pounds = 0.8mL (1 dropper)
- 18-23 pounds = 1.2mL (1½ dropper)
- 24-35 pounds = 1.6mL (2 droppers)

**TODAY'S IMMUNIZATIONS:**

- MMR #1, Chicken Pox and Hepatitis A #1.
- Influenza if fall/winter season (and not given previously).

**WHAT'S NEXT?**

- Next Check-Up is at 15 months.
- Your baby will receive a physical exam and the HIB and Prevnar vaccines. The influenza vaccine will also be given if it is fall/winter season (and not given previously).

**SPECIAL INSTRUCTIONS:**

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