

AGE: 12 MONTHS

Date \_\_\_\_\_

**GROWTH:**

Weight:	lbs	oz	(	%)
Height:	inches		(	%)
Head Circumference:	inches		(	%)

**IMMUNIZATIONS:**

MMR	Measles, Mumps, Rubella
Varicella	Chickenpox
Hep A	Hepatitis A

Please review the CDC (Center for Disease Control and Prevention) handouts that your nurse has provided. These immunizations may cause pain and redness at the injection site. The MMRV vaccine may cause a pox like rash up to 2 weeks after the vaccine (the child is usually not ill and the rash is not bothersome).

**FEEDINGS:**

At one year of age your baby should be taken off the bottle. This is done to prevent dental cavities which can lead to rotted teeth which require removal. Your baby can now stop formula and be placed on whole milk (up to 16 ounces per day). Do not use skim or 2% milk because the fat from whole milk is needed for proper brain and nervous system growth. Remember to limit your baby's milk intake to 2-3 cups per day as the milk can cause problems. If your baby does not like cow's milk, encourage other dairy products such as cheese, yogurt, and ice cream, as well as dark green, leafy vegetables, which are rich in calcium.

Your baby should now be eating at least three meals per day of regular (non-pureed) food. Feeding time may be very messy, but you should allow your child to feed themselves. This will give them some much wanted control of their lives. They do not need any juice.

## DEVELOPMENT:

Your baby may be cruising (walking around furniture while holding on). Some, but not all, babies are walking. Your baby may be talking also, but not usually understandably. By answering your baby with a normal speech pattern, they will learn to do the same. Do not worry if your baby is not doing either, all people develop differently.

## PLAY AND LEARN:

Encourage speech development. Name objects for your baby and point and name body parts. Read picture books and sing songs to your baby. Talk to your baby. Encourage some time throughout the day for your baby to play by itself.

## TEETH:

Now is the time to start good habits. Each morning and evening, use an age-appropriate toothbrush to brush your baby's teeth. Use a pea size amount of toothpaste and never put your baby to bed with milk, juice, or sugary drinks.

## SAFETY:

1. **Car seats**- Larger car seats can now be used forward facing if your baby weighs over 20 lbs. Never allow your baby in the front seat.
2. **Water**- Watch your baby around water at all times (pool, bath tub, toilets, dog bowls, and mop buckets are all hazards for your baby).
3. **Babies will eat anything**- Keep everything put away that you don't want your baby to swallow.
4. **Dog bites**- Watch your baby around pets at all times.
5. **Guns**- If you own a gun, keep it in a lock box and out of reach.
6. **Choking**- Avoid foods your baby could choke on such as whole grapes, nuts, popcorn, and hard candy.
7. **Stairs**- Use a safety gate bolted to the wall on your stairs.
8. **Crib**- Use your crib at the lowest level and remove bumper pads. Keep cords and drapes away from the crib.

## WHAT'S NEXT?

Your baby's next visit is at 15 months of age for a well check and immunizations.