Well-Baby Checkup: 12 Months

CHILD'S NAME	DOB	DATE OF VISIT	NEXT VISIT	LENGTH	PERCENTILE	WEIGHT	PERCENTILE

Reaching Milestones & Activities

All children develop at their own rates. Your job is to help your child learn new things when he or she is ready.

At 12 months, your toddler may start to:

- Explore things in different ways, like shaking, banging and throwing
- Start to use things correctly; for example, drink from a cup and brushes hair
- Understand no and wave bye-bye
- Use fingers to point at things
- Cry when mom or dad leaves
- Have favorite things and people
- Pull up to stand, walk holding on to furniture ("cruising")
- May take a few steps without holding on

Protect your Child with Immunizations

Protect your child against 14 potentially serious diseases before 2 years old with vaccines. At this age, your child should receive their fourth set of vaccines. Talk to your baby's health care provider if you have any questions or need to catch up.

After your child gets his or her shots, be especially supportive. Hold and cuddle your child. Talk in a calming voice and let him or her know that everything is okay. Give your child a favorite toy or book. Even a soft blanket that smells familiar will help your child feel more comfortable.

Pay extra attention to your child for a few days. Your child may have mild reactions, such as pain and swelling where the shot was given or a fever. These are common and will soon go away.

If you see something that concerns you, call your child's health care provider.

Dental Care

Your child should start visiting the dentist by either his or her first birthday or 6 months after their first tooth comes in. Most children have a full set of 20 primary teeth by the time they are 3 years old. Talk to your child's health care provider or dentist about the use of fluoride toothpaste.

No Screen Time and Technology Use

Under the age of 18 months, it is best for children to have no screen time.

This is important for brain development and for a healthy connection between parent and child.

Nutrition

Your child will need a variety of foods in their diet, such as meats, fish, poultry, cheese, eggs and whole milk.

By this age, your child will usually eat 3 meals and 2 to 3 healthy snacks every day. Watch your child for cues that he or she has had enough to eat. It is important to not force your child to eat.

- Limit processed foods that are made for adults and older children. These foods often contain more salt and other preservatives.
- If you have any questions about your child's nutrition, including concerns about your child eating too much or too little, talk with your child's health care provider.

Whole Milk

Now that your baby is 12 months old, you can start giving him or her whole milk until he or she is 2 years old. The recommended amount to serve is 16 to 24 ounces per day (24 hours). Breastfeeding may be continued as long as you and your child desire.

Continue to encourage your child with using a cup. Now is the time to start giving up the bottle.

Juice

Your child does not need juice at this age. Juice contains a lot of sugar, which can cause problems with his or her teeth, like cavities. Offer water whenever your child is thirsty. Try to avoid or limit the amount of fruit juice you give. If you do give juice, limit to 4 ounces (1/2 cup) a day. Make sure the label says 100% juice and serve it in a cup, not a bottle.

Eating Together

Children learn healthy eating habits best by watching their family. By eating together with your child and making it a consistent habit, good things happen.

Family mealtimes have been linked to better language development, increased social skills and better school achievement. Establish a feeding routine for your child's meals and snacks.

Sleep Time

At 12 - 24 months of age, your baby will sleep an average of 11 to 14 hours (including naps) per day.

Surviving Separation Anxiety

As your child is growing and becoming more aware, you may notice your child will panic when he or she can't find you.

- Create quick good-byes, keeping it short and sweet. If you linger, the transition time does too and so will the anxiety.

If you're concerned that your child isn't adapting to being without you, chat with your child's health care provider. At Avera, our health care providers have supported families in the same situation.

No Baby Walkers

The American Academy of Pediatrics strongly opposes the use of baby walkers. Walkers are never safe to use, even with an adult close by.

Walkers can actually delay when a child starts to walk. One way you can keep your child safe from injury is to throw away your baby walker.

Beginning to Walk - Choosing Shoes

When your toddler learns to walk, here are some tips for picking out shoes.

- **Right size** - Don't buy shoes that are too big. Walking is harder when shoes don't fit.
- **Shoes with soft and flexible soles** - Don't buy shoes with high ankles and stiff leather.
- **Easy to put on and take off, but won't slide off** -Moccasins or sneakers with VELCRO® are good choices.

Help Your Child Learn and Grow!

Model Good Behavior

Your child looks up to you. Model positive behaviors you would like to see in your children.

Making Reading a Routine

Continue reading to your child. Reading books to your child can have a lasting effect on language, literacy and early reading skills.

Positive Words & Encouragement

It is important to be positive and praise your child for good behavior. When giving your child specific directions, make sure you are clear on what he or she needs to do instead of just saying "no" or "naughty."

- Notice good behavior and point it out by being specific. For example, "Wow, you did a good job putting that toy away!"

Guidance & Discipline

The toddler years can be challenging. Don't be afraid to talk to your baby's health care provider with any questions. Your child's health care provider can help explain their development and ways to effectively guide your child's behavior.

It is OK to set limits and to start teaching your child rules and to follow directions. Be patient. It will take time and repetition for him or her to learn.

Spanking and harsh words are harmful and do not work.

Caring for You and Your Family

When you take care of yourself, you are better able to take care of your family.

At Avera, our experts are here for you and your family. If you have any concerns or need assistance, talk to your health care provider.

Safety Tips & Reminders

Car seats

Always place your child in an approved, rear-facing car seat as long as possible. As your child grows, you might have to switch from using a smaller rear-facing-only car seat to a bigger rear-facing convertible car seat. Make sure to read the instructions for height and weight limits that came with your car seat.

Other Helpful Car Reminders:

- Any parent or caregiver, even a very loving and attentive one, can forget a child is in the back seat.
- Always check the back seat and make sure all children are out of the car before locking it and walking away.
- Avoid distractions while driving, especially cell phone use.

Sunscreen
Use sunscreen with an SPF 15 or greater on areas of your child's skin that aren't covered by clothing. Follow the product instructions on applying sunscreen and when to reapply. If your child gets a sunburn that results in blistering, pain or fever, contact your child's health care provider.

Childproofing Your Home
Do a safety check in your home as your child will begin learning how to walk at any moment to the next few months. Use a properly-secured, approved safety gate at the tops and bottoms of stairs. Make sure your cabinets are secured with childproof locks. Make sure your electrical outlets are securely covered.

- Be on the lookout for sharp corners of furniture. Remove clutter from your floor that could be a tripping hazard.
- Secure your TV and furniture from tipping over. Visit anchorit.gov to learn how and find other great resources.

Fire Safety
Keep anything flammable away and out of reach. Have a fire extinguisher in your home and make sure you know how it works.

- Cook on the back burner of your stove and to keep pot handles turned away and towards the back.
- Any dangerous chemicals or cleaning products should be locked up and out of reach. Tip: Try to keep cleaning products in their original containers so you don't accidently mistaken the product for something else.
- Test smoke and carbon monoxide alarms every month. Replace them every 10 years or when the battery is low.

Falling & Injury Prevention
Window screens keep bugs out, not children in. Move furniture like chairs, sofas and cribs away from windows. Install window guards or child safety window locks.

- If possible, replace all blinds that have cords, or purchase retrofit kits that can address some of the cord hazards. Window blinds may not seem like a risky item, but can pose the risk of strangulation or serious injury for small children.

You can find great resources and checklists from safekids.org on how to keep your child safe.

And remember, **never leave your child alone without proper supervision.**

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