



12 Month Old Well Child Visit

Temp _____ Weight _____ Weight% _____
 HR _____ Length _____ Length% _____
 Resp _____ Head Circumference _____ Head Circ% _____

Immunizations today: Prevnar; Hep A; MMR; Varicella
Labs: HCT, TB/Lead Questionnaire

DEVELOPMENT

By 12 months of age, your baby should begin to do some of the following:

- | | |
|---|-------------------------------------|
| Pull to stand | Cruise around furniture |
| Walk with support or alone | Say Mama and/or Dada discriminately |
| Look for hidden or dropped object | Have a good pincer grasp |
| Attempt to feed themselves | Bang blocks together |
| Point to a desired object/indicate want | |

ACTIVITIES

- Continue to read and sing
- Play on climbing toys that are secure and low to the ground
- Name body parts
- Eat with family
- Roll a ball back and forth
- Minimize television, no more than one hour per day

FEEDING

- Discontinue use of bottle
- Switch to whole milk (16-24 ounces per day)
- No need for “transitional” formula
- Appetite may decrease
- May become “picky”
- Should be eating table foods

OTHER:

- Teething can start anytime between 4 and 12 months. Orajel, cold teething rings and Tylenol are usually effective at controlling discomfort.
- Baby should be in own crib or bed ideally in own room
- Encourage interaction with other babies around the same age
- Swimming lessons are appropriate under close supervision
- Use sun block for sun exposure. Avoid prolonged sun exposure. Utilize shade devices.
- Between 1 and 2 years of age is a good time for the first dental appointment.

SAFETY

- If greater than 20 lbs, turn car seat to forward-facing. Keep in back seat
- Continue to modify baby proofing
- Never leave unattended near water
- Gate all stairs
- Latch or lock all lower cabinets and doors
- Move houseplants out of reach

USEFUL WEBSITES and Numbers

www.brightfutures.org www.aap.org
www.kidshealth.org

POISON CONTROL 06371-867-070 486-7070

New Parent Support 07031-15-3340/3353
 WIC 07031-15-3351
 EDIS/Early Intervention 07031-15-2697/2547
 Poison Control: 06371-86-7070 DSN 486-7070

USAHC Stuttgart, Germany

Next scheduled visit is at 18 months
Call 430-8610 to schedule