
12 Month Well Child information

ENCOURAGING DEVELOPMENT

- Use imaginative play with dolls, blocks or common household objects.
- Praise your child's good behavior with your attention.
- Interrupt your child's inappropriate behavior and show him what to do instead.
- Avoid television time until at least age 2.
- Set consistent limits.
- Allow your child to feed himself.
- Read books daily to your baby. Choose books with interesting pictures, colors and textures.

NUTRITION

- You may begin giving whole (Vitamin D) milk. Your child should drink this until at least age 2.
- Daily milk intake should be about 16-32 oz.
- Limit juice and encourage water.
- Transition your child to the family diet and away from baby foods.
- Provide 3 meals and 2-3 snacks each day.
- Watch the size and shape of foods that you give your baby. Round foods (grapes, hotdogs, etc.) should be chopped up.

SLEEP

- At this age, most babies sleep about 12 hours or more per day.
- Most 1-year old children should sleep through the night.
- Your child might only take one nap per day.
- Keep bedtime and naptime consistent.
- Your child should sleep in his own space.

SAFETY

- Make sure televisions, bookshelves and other heavy items /furniture are secure and cannot fall over onto your baby.
- Your baby should face backwards in a car seat until age 2.
- Secure dangling cords. Plug electrical outlets.
- Lower the mattress crib as your baby can pull himself to stand.
- Check your child's toys for loose parts that could be swallowed or choked on.

IMMUNIZATIONS

- Influenza (in season)
- Measles
- Mumps
- Rubella
- Varicella (Chicken Pox)
- Hepatitis A

NEXT WELL CHILD VISIT: 18 MONTHS