



## 12 Month Well Child Check

### Expected Developmental Milestones

- Says “mama” and/or “dada”
- Points to objects with index finger
- Follows simple directions like “pick up the toy”; copies gestures
- Walks holding onto things; may stand alone
- Shy or nervous with strangers

### Feeding

- Eat meals as a family with minimal distraction
- No small, hard foods that can cause choking – nuts, popcorn, hot dogs, grapes, hard/raw veggies
- Encourage baby to feed himself
- Let child decide what and how much to eat
- May start offering whole milk – goal of 3 dairy servings/day

### Play

- Allow baby to play with toys with roll, blocks and containers
- Avoid use of TV, videos, phones, computers
- Talk, sing, read daily
- Keep daily routines for baby

### Dentist

- Schedule first dental visit around 12 months
- Brush teeth twice daily
- Eliminate bottles, offer only water at night

### Med Dosing

<i>Weight</i>	<i>Infants’ Motrin (every 6-8 hours as needed)</i>	<i>Infants’ Tylenol (every 4-6 hours as needed)</i>
12-17 lbs	1.25 mL (¼ tsp)	2.5 mL (½ tsp)
18-23 lbs	1.875 mL	3.75 mL (¾ tsp)
24-35 lbs	2.5 mL (½ tsp)	5 mL (1 tsp)

### Sleep

- Goal of 12-15 hours of sleep total per day
- Should be taking at least 1 nap daily
- Check on, but do not pick up baby if he wakes at night

### Safety

- Rear-facing car seat in the back seat until 2 years of age
- Never leave your baby alone near any water
- Lock up poisons, medicines, cleaning supplies, and knives/scissors
- Never have a gun in the home. If you must, store it unloaded with ammunition locked up separately
- Cover electrical outlets
- Use a sunscreen labeled "broad-spectrum" and at least SPF 15. Apply generously 15-30 min before going outdoors and be sure to reapply every 2 hours

### Immunizations at this visit

<i>Regular (CDC) Vaccine Schedule</i>	<i>Alternate Vaccine Schedule</i>
- Prevnar #4 - Hepatitis A #1 - MMR #1 - Varicella #1	- MMR #1 - Varicella #1 - Follow-up in 1 month for Prevnar #4

- For more info:  
<https://www.cdc.gov/vaccines/index.html>

**Next Well Child Visit:** 15 months old

### Helpful Resources:

- [www.healthychildren.org](http://www.healthychildren.org)
- Poison Help: 1-800-222-1222
- Birth to Five Helpline:  
1-877-705-KIDS (5437)