

Princeton Nassau Pediatrics, P. A.

www.princetonnassaupediatrics.com

12 Month Well Visit

What your baby may be doing now:

- Cruising along furniture or walking
- Standing without support
- May begin to walk
- Responding to his name
- Understanding the word “no”
- Playing peek-a-boo
- Poking and pointing with fingers
- Putting things into and taking out of containers
- Imitating speech sounds or saying one or two words
- Recognizes pictures when asked

Feeding:

- Transition to whole milk, limit to no more than 24 oz daily
- Wean from a bottle to a cup
- Feed your child 3 meals daily plus snacks, using a small plate and cup
- Offer a variety of healthy foods every day- your child will decide how much to eat. [Picky eating](#) is normal, and your child will have “good days” and “bad days.”
- Allow your baby to feed with the family, but end the meal when the baby is done eating
- Continue to avoid foods such as nuts, popcorn, raw veggies and hot dog rounds
- Brush teeth with a soft toothbrush and use a “grain of rice” amount of fluoridated toothpaste
- If you do not use fluoridated water, your child may need a fluoride supplement.

Parenting:

- Read books to your child.
- Talk to your child with an adult voice, non “baby talk”
- Play peek-a-boo and patty-cake
- Children will start to test limits and watch for parental reactions

- Do not be discouraged when children show a preference for a particular parent or caregiver
- Be prepared to say “no” to your child when necessary, If your child has a tantrum, try to ignore it, or distract her with something else.

Safety

- Use a rear facing car seat for every ride.
- Put baby gates on tops and bottoms of stairs
- Prevent drowning always supervise your child at all times when near water
- Use sun block with an SPF of at least 30 whenever you are out.
- Prevent choking, keeping small toys, plastic bags, and balloons
- Childproof your home - cover electrical outlets, install latches on cabinets, keep furniture away from windows
- Lower the water heater temperature in your home to 120°F or less, to prevent accidental burns
- Keep the Poison Control Number handy: 1-800-Poison-1

When to call the office:

- If your child has vomiting and diarrhea for more than a day, is acting very sluggish or irritable, has trouble breathing, has a fever over 102°F, or if you have other concerns.
- For routine questions or for advice on specific symptoms, check out the [Pediatric Advisor](#) section on our website

Vaccines at this visit:

- [Hib](#)
- [Prevnar](#)
- [MMR](#)
- [Flu \(in season\)](#)
- [PNP Vaccine policy](#)

Your child may have a mild fever or fussiness after his vaccines today. You may use Tylenol every 4-6 hrs as needed over the next 2 days according to this [dosage chart](#).

Web Resources

- www.aap.org
- [Communication and your child](#)
- www.zerotothree.org
- [Lead Poisoning](#)
- [Toddler nutrition](#)

- [Children's Hospital of Philadelphia Vaccine Website](#)