



Information for 12 Month Well Visit

Vaccine Needed	Vaccines given at 12 month visit	Vaccines given at 15 month visit
MMR	1st of 2 total doses	
Hib	4th of 4 total doses	
Prevnar	4th of 4 total doses	
Varicella		1st of 2 total doses
Hepatitis A		1st of 2 total doses
Influenza	Needs 2 total doses at least 1 month apart for first flu season	

Category of Milestones	Expected Milestones	Future skills
Social-Emotional	-Plays games with you, like pat-a-cake	- Copies other children while playing - Shows you an object she likes - Claps when excited - Shows you affection
Language and Communication	- Waves “bye-bye” - Calls a parent “mama” or “dada” or another special name - Understands “no” (pauses briefly or stops when you say it)	- Tries to say 1 or 2 words besides mama or dada, like “ba” for ball or “da” for dog - Looks at a familiar object when you name it - Point to ask for something or to get help
Cognitive	- Puts something in a container, like a block or a cup - Looks for things she sees you hide, like a toy under a blanket	- Tries to use things the right way, like a phone, cup or book - Stacks at least 2 small objects, like blocks
Motor	- Pulls up to stand - Walks, holding onto furniture - Drinks from a cup without a lid, as you hold it - Picks things up between thumb and pointer finger, like small bits of food	- Takes a few steps on her own - Uses fingers to feed herself some food

Safety Tips and Recommendations	
Sleep Safety	<ul style="list-style-type: none"> - Do not put the baby to bed with a bottle. - Brush teeth with a soft toothbrush and a “grain of rice” amount of toothpaste 2x/day
Car and Outdoor Safety	<ul style="list-style-type: none"> - Rear facing in back seat until at least 2 years of age - Choose sun protection clothes, hats and sunglasses when outside in direct sunlight. - Apply sunscreen. - Stay within arms reach at all times when near water to prevent drowning.
Food Safety	<ul style="list-style-type: none"> - No more bottles. Use cups only (sippy cups, straw cups, open cups). - Offer 3 meals a day plus snacks. Eat with your baby. - Continue to avoid chokable foods such as nuts, whole grapes, popcorn and hot dogs. - Continue regularly eating highly allergic foods (peanut butter, eggs, dairy, fish), unless the child is allergic.
Indoor Safety	<ul style="list-style-type: none"> - Fully baby proof the home. This includes baby gates at tops and bottoms of stairs. - Remove small toys, marbles, game pieces, loose change and other choking hazards from the baby’s reach. - Lower the water heater temperature in the home to 120°F or less, to prevent accidental burns. - Poison Control Number: 1-800-Poison-1