



TWELVE MONTHS OLD

WELL CHILD CHECK

FEEDING YOUR BABY

- CHANGE FROM FORMULA TO WHOLE COW'S MILK OR CONTINUE BREASTFEEDING IF DESIRED
 - NO MORE THAN 16-24 OZ OF MILK PER DAY
- GIVE 3 MEALS AND 2-3 SNACKS PER DAY
 - DO NOT FEED FOODS THAT "CRUNCH," BECAUSE THESE CAN CAUSE CHOKING (NUTS, POPCORN, GRAPES).
 - ONLY GIVE HEALTHY FOODS
- ALLOW BABY TO START FEEDING SELF
- NO JUICE, SOFT DRINKS, SPORTS DRINKS, OR CHOCOLATE MILK

YOUR DEVELOPING BABY

- WALKS AND SAYS A FEW WORDS
- ROUTINES ARE GOOD FOR BABY
 - CREATE BEDTIME, NAPTIME, AND MEALTIME ROUTINES
- BABY SHOULD HAVE AT LEAST 1 NAP PER DAY

BEHAVIOR

- OUR BEHAVIORAL HEALTH COUNSELORS ARE AVAILABLE TO DISCUSS PARENTING TECHNIQUES, BEHAVIORS, AND MORE!
- TEMPER TANTRUMS ARE NORMAL AND OUR BHCs CAN HELP.

ACTIVITIES

- WALKING AND EXPLORING
- PRAISE YOUR BABY
- READ, TALK, AND SING TO YOUR BABY
- NO TV, iPADS, OR PHONE SCREENS TO DISTRACT YOUR BABY

KEEP YOUR BABY SAFE

- USE A REAR-FACING CAR SEAT IN THE MIDDLE OF THE BACK SEAT UNTIL YOUR BABY'S WEIGHT AND HEIGHT ARE GREATER THAN YOUR CAR SEAT'S LIMITS.
- CONTINUE TO CHILDPROOF YOUR HOME BY ADDING GATES TO STAIRWELLS AND LOCKS TO CABINETS.
- COVER ELECTRIC OUTLETS.
- DO NOT USE BABY WALKERS.
- NEVER LEAVE BABY IN WATER ALONE.
 - DROWNING CAN HAPPEN IN ANY AMOUNT OF WATER AT ANY TIME OF YEAR.
- NO SMOKING AROUND BABY – CONSIDER QUITTING AND LET US KNOW IF YOU NEED HELP.
- APPLY SUNSCREEN TO ALL AREAS OF BODY WHEN SPENDING TIME OUTDOORS (SPF 15 OR GREATER).
- KEEP MEDICATIONS AND CLEANING SUPPLIES IN LOCKED CABINETS
- CALL POISON CONTROL CENTER (1-800-222-1222) IF BABY EATS A POISON, MEDICATIONS, OR CLEANING SUPPLIES.

HEALTHY TEETH

- NO BOTTLES IN BED
- BRUSH TEETH AND GUMS WHEN YOU SEE FIRST TOOTH TWICE PER DAY WITH RICE SIZE AMOUNT OF FLUORIDE TOOTHPASTE.
- FIRST DENTAL APPOINTMENT AT 12 MONTHS

NEXT VISIT: AGE 15 MONTHS

FOR MORE INFORMATION, PLEASE VISIT
WWW.HEALTHYCHILDREN.ORG