

# 12 Month Well Child Check

## Development

Plays interactive games (“peek-a-boo,” “pat-a-cake”)

Imitates activities

Hands you a book when he/she wants to hear a story

Waves “bye-bye”

Stranger anxiety & separation anxiety are very common

Imitates sounds and words

Speaks 1-2 words

Stands alone and can bang 2 cubes held in hands

Follows simple directions



It is important to remember that each child is unique. Certain attitudes, behaviors and physical milestones tend to occur at certain ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. If you have any questions about your child’s pattern of development please feel free to ask us!

## **RENAISSANCE PROVIDERS**

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- “Time-outs” should be brief, 1-2 minutes and should be in a safe location
- Use distraction and replace a forbidden object with an appropriate toy
- Discuss with your partner, family members, and child care providers what behaviors are or are not allowed to provide consistent discipline
- Take time for yourself & spend alone time with your partner, friends or family
- Choose caregivers who are mature, trained, responsible and recommended
- Provide “family time” with games, music, storytelling, reading books & exercising

## Healthy Teeth

- Toddlers do not have the coordination to brush teeth
- Brush your child's teeth twice a day with water or fluoride-free toothpaste
- Toddlers may develop cavities from bacteria in your mouth from sharing utensils and kissing, ensure good brushing and flossing for all caregivers
- If having trouble weaning the nighttime milk, use only water not juice

## Safety

- Rear-facing, back-seat, car seat position is the safest protection until your child is **two** years of age.
- Remove poisons & toxins from your home or ensure they are out of reach
  - Use gates at top & bottom of the stairs, keep windows inaccessible
    - Turn pan handles inward on stove, out of reach
    - Make sure all smoke detectors are working
    - Hottest temperature at faucet should be 120 degrees
  - Secure all heavy objects that your toddler may be able to pull down
  - Always be within an arm's reach when your toddler is any near water
    - Do not allow young brothers or sisters to watch over your toddler
    - Children should wear a life jacket when on a boat or watercraft
- If gun in home, store unloaded/locked & ammunition locked separately

## Nutrition

- Provide 3 meals and 2-3 snacks a day, allow toddler to feed himself
  - Avoid choking hazards such as popcorn, peanuts, and candy
  - Cut firm round foods into thin slices (hotdogs, grapes, raw carrots)
  - Provide toddler with a cup for drinking and a small spoon for eating
  - Your toddler may eat a lot at one time and then little at other times, allow them to decide whether they are hungry or full
    - Provide healthy snacks (fruit, cheese, whole-grain crackers)
- Switch to whole milk, however they do not need more than 24 oz./day

## 12 Month Well Child Check Cont.



### Parents Points of Interest

#### Entertainment

*Children under 2 years should not watch TV, DVDs, videos, or use computer products.*

#### Poison Control Center

*Keep household products locked up and out of your baby's sight and reach. Call Poison Control Center 1-800-222-1222 immediately if your baby eats something that may be poisonous.*

#### Bowlegs & Knock-knees

*Children are born bowlegged & then become knock-kneed as a normal part of development*

*Your provider may be concerned if the condition is severe or only occurring on one side.*

#### Sleep

*Keep a nighttime routine that is consistent, read books or sing before bed. Put to bed while still awake, so your toddler can learn how to fall asleep on their own. Toddlers should have one nap a day.*

#### Breastfeeding Babies

*Even if only partially breast-fed, all nursing babies should receive vitamin supplements containing 400 IU of vitamin D.*