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Twelve Month Exam

Weight _____ lbs. _____ oz Length _____ inches Head Circumference _____ inches
_____ percentile _____ percentile _____ percentile

Feeding

At this time, you may switch your baby to whole milk, and stop infant formula. If you are breast feeding you may wish to continue or slowly wean. It is also time to begin weaning your baby from the bottle to a cup. At this age most babies will prefer table foods. There are a few restrictions on the types of foods, however they will still need to be soft and cut into small pieces to prevent choking. No popcorn or peanuts until three years of age. Your baby's appetite may soon decrease if it has not already done so. This is normal at this age. Your baby no longer is growing as rapidly, and does not need as much food. Eating may become sporadic but as long as a well balanced diet is eaten this is normal.

Development

Walking may have already begun. Walking may start at any time up until 17 months of age and still be normal. Your child will make sounds and may even be saying a few words. An increase in independence is noticed at this age. Your child may also begin to have temper tantrums. This is a normal part of development and is best to ignore this behavior.

Safety

- 1) Soft-shoes will protect your child's feet if he/she is walking.
- 2) Flame resistant bed clothes and blankets.
- 3) The only safe way for a baby to travel is in an approved car seat, installed according to the manufacturer's instructions. Infants up to 20 lbs **and** 2 years of age should be rear facing, and never placed in the front seat.
- 4) Watch for unsafe toys; children at this age love to place small objects in their mouths.
- 5) All medications and cleaning solutions should be locked up and out of reach from children.

Immunizations

- 1) Varivax (chicken pox vaccine)
- 2) MMR (measles, mumps, rubella)
- 3) *Hemophilus influenza* type B (a major cause of meningitis) – HiB # 4
- 4) Hepatitis A #1

Next Visit

Next visit is in three months, when your baby is fifteen months of age.