

# ***PSBH North***

## Twelve Month Exam

### Development

- Your baby is mobile, either cruising or walking alone. Falls are common. Watch the stairs. Check stability of dressers, bookshelves, etc. Provide lots of opportunity for physical activity that builds strength of abdominal muscles and upper body. Emphasize floor time.
- Sensory toys featuring different textures, sounds, colors and patterns are important
- Babies this age are very curious and “grabby”. Keep hazards out of reach at table and on floor.
- Re-evaluate you childproofing. Now is the time to install additional child locks and gates. Remove tempting breakable objects or other hazards
- Read aloud on a daily basis. Board books and Pop-Up books are great. Allow your child to look at and grab the pages with you.
- Talk to your baby. He is starting to understand you. Many babies are able to say a few words such as bye-bye, Mama & Dada at this stage.
- Temper tantrums are common at this stage as your baby becomes more independent and develops a will of his or her own.
- Consistent limits are important. Be firm. When your baby is getting into something he/she shouldn't, distract him/her and redirect his attention.
- Continue good sleep routines. Do not rock to sleep or allow your baby to fall asleep with a bottle. Minimize interventions for nighttime waking. Consider weaning the nighttime bottle.

### Feeding

- Most babies are taking table foods by now.
- Begin weaning from bottle as skills with a sippy cup improve.
- Exclusively breastfed babies or babies living in homes with no fluoride in the water should have fluoride supplementation.
- Avoid juice. It is high in sugar and adds empty calories. We prefer milk or water.
- Be aware of choking hazards - no carrots, popcorn, hotdog slices, raisins or other small solids.
- Teething may result in fussiness; Tylenol or Motrin is ok to use as needed while teeth erupt. Stools may become mushy and mild cold symptoms may accompany teething.

### Safety

- Babies are curious-keep medications, matches, and other hazardous products well out of reach. Post poison control number by phones – 1-800-222-1222.
- Be aware of water safety – never leave child unattended in bath or near water.
- Do not leave unattended on bed or anywhere else baby could fall.
- Avoid scald burns; keep hot water heater set at 120 degrees or less.
- Watch baby closely near pets...they may now be mobile and can “chase” the dog. Increased time on the floor and heightened interest in each other's toys increases the risk of injury.
- Use Sunscreen/Insect repellent

### Immunizations

Please review the vaccine information provided at the visit and contact our office with any concerns.  
*Next visit is at 15 months.*