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Twelve Month Well Baby Visit

Name _____ Wt _____ Ht _____ Head _____

Walking: Your baby can now move about on his or her own, crawling, scooting or rolling to wherever he/she wants to go. Most 12 month olds are able to pull themselves to a standing position while holding on to the edge of a sofa. Most while using their hands to hold onto the sofa for support can walk sideways along the sofa, and many enjoy walking with a parent holding both their hands. Some can walk on their own; others seem as if they could walk on their own but aren't yet ready to.

Most children learn to walk between 12 and 15 months of age, though some walk as early as 8 or 9 months and others not until 18 months. You can help your child learn to walk by praising his efforts at walking. Praise "good standing" if he lets go while standing next to the couch, "good walking" if he walks while holding your hands. If your child is hesitant to let go and try walking on his own that's okay. Your child's temperament can affect when your child will walk alone. Some children seem to have no fear of falling, others are more hesitant and seem to want to master walking well before they let go of the sofa or a parent's hand and walk alone.

Talking: Your baby has been learning to communicate with others, to express feelings and needs over the past year, and you have become expert at interpreting what those different cries and looks and gestures mean. Now your child is learning to talk.

Most 12 month olds say "mama" or "dada" for their mother or father. Most have 1 or 2 words in addition to "mama" or "dada", words like "hi" or "up" or "bye". A few have many words and a few have none at all, but even those who have no words should be making lots of different sounds as they look at you and try to "talk" to you.

The best way to encourage talking is by talking. Talk to your one year old as you do things about the house. Describe what you're doing. "I'm washing the dishes. Look at the bubbles." Talk as you dress your child: "Here's your blue sock". Talk as you're driving around with your child: "Look, there's the big school bus. There's a dog."

Listen when your child tries to talk with you. If you understand what your child is saying, respond so your child knows you are listening and she can begin to understand the back and forth pleasure of communicating with another. If you don't understand that's okay. Just smile and say, "Good talking."

Read to your child. Some 12 month olds will sit and listen to books from beginning to end. Others lose interest quickly. Involve your child

12 MONTH WELL CHILD CHECK



as you read. If you have a book with pictures encourage your child to look at the pictures. For example, point at a picture of a cat and say, "There's a cat". Then ask your child, "Where's the cat?" Point again to the cat, or gently help your child point to the cat as you repeat "Cat, there's a cat". Or, point to the picture of the cat, saying, "What's that?" If your child doesn't respond, say "Cat, that's a cat".

Between now and 18 months of age your child will begin to talk more, slowly adding new words. Then between 18 months and 2 years of age your child will begin to talk more and more, with many new words.

Watch your child's vocabulary grow even if he is not yet talking. Observe how many words your child recognizes. Watch your child bring you things you might ask for, like a ball or a doll; watch as your child runs to the window when you say "Look, there goes the garbage truck" or runs to the door if you say "Let's go outside."

Temper tantrums: Most one year olds have temper tantrums. Depending on your child's personality the tantrum might be just a brief cry of protest or might be a full blown "throw herself down on the floor" screaming and banging her head tantrum. Tantrums occur for many reasons. Perhaps your child is frustrated because she can't do something she's trying to do, or mad because you've said "no" and taken something away that she shouldn't have. Perhaps she's tired. One year olds are learning who they are and how they feel about things, but don't have the words to express their opinions, so instead they have a tantrum. With 12 month olds, it's best to turn your back and ignore the tantrum. Paying attention to a child having a tantrum rewards the child for having the tantrum. If the tantrum has occurred because you have told the child "no", changing your mind and giving the child what she wanted will be teaching her to have tantrums to get what she wants. If several tantrums occur in a short period your child probably needs a nap. Be prepared for tantrums to occur more often as your child approaches 18 months of age, but remember that after that they will decrease as long as you are not rewarding them.

Biting and hitting: Many one year olds bite and hit. They hit their parents in the face as they are being held, they pull up to stand next to a parent and suddenly bite their parent's leg. If your child bites you or hits you while being held, put your child down, saying, "No biting (or no hitting). That hurts." If the biting or hitting continues, put your child somewhere away from you (i.e., on a chair or in a crib), saying again "No biting (or hitting). That hurts. You need a timeout". After a short time (like a minute), let him out of time out, but if he bites or hits again, return him for another minute of timeout. One year olds learn quickly that if they don't want to be isolated from others, they don't bite or hit others. And of course, praise good behavior. If you get a hug instead of a bite, say, "I love hugs" and give a kiss or hug back.

Eating: Most 12 month olds are eating table foods, as well as baby foods. Your child should be getting 2 kinds of fruit and 2 kinds of vegetables every day, as well as chicken or beef, cereals and bread, and cheese or yogurt. Your child should be drinking milk, but no more than 24 oz a day. Teach your child to drink from a cup. Allow your child to eat with his fingers. Don't worry about the mess. He's learning to be independent. Most importantly, if you want your child to eat healthily, then you must eat healthily too. Children imitate their parents, and what you eat is what they will want to eat.