



12 Month Well Visit

H: _____ %: _____ W: _____ %: _____ HC: _____ %: _____

Nutrition: Transition to whole milk until age 2. Start using only a cup during the day, as you wean off of bottles. A child’s palm is their portion size, and their appetite will vary. Avoid sugary foods and choking hazards like hot dogs, nuts, grapes, raw veggies. Honey is safe.

Development: Pulls to stand, stands alone and potentially takes a step; bangs toys together, waves, loves peekaboo; can follow simple directions. Fear of strangers peaks at this age. Introduce spoon and fork, and expect to clean up the mess.

Language: Babbling, copying sounds and 1-2 words will increase — read together daily, use choice questions and simple words.

Temper Tantrums: Toddlers start to have strong preferences and will show their frustration; ignore or redirect when possible; can begin to introduce time outs for rough behavior (in a safe place for 1 minute). Be consistent. Praise good behavior.

Safety: Keep the car seat rear-facing until age 2. If there are any household guns, keep them and ammunition locked separately. Keep small objects, sharp objects and balloons out of reach. Keep gates at the top and bottom of stairs. Stay within arm’s reach when around or in water. Poison control: **1-800-222-1222**.

Dental Health: AAPD recommends fluoride toothpaste with twice daily brushing: the size of a grain of rice until they are able to spit, then pea-sized. Dentist visits begin anytime.

Immunizations: MMR, Varicella, PCV (prevnar), and Hepatitis A.

Medication Dosage:	12-18 lb	18-24 lb	24-36 lb
Acetaminophen (160mg/5mL)	2.5 mL (½ tsp)	3.75 mL (¾ tsp)	5 mL (1 tsp)
Infant Ibuprofen (50mg/1.25mL)	1.25 mL (¼ tsp)	1.875 mL	2.5 ml (½ tsp)
Children’s Ibuprofen (100mg/5mL)	2.5 mL (½ tsp)	3.75 mL (¾ tsp)	5 mL (1 tsp)

Next visit: 15 months old