



Pediatric Clinic  
PATIENT EDUCATION HANDOUTS

## Fort Carson Twelve Month Well Baby Visit

### Development

Between 12 and 15 months you will notice your child doing the following:

#### Physical

- \*stands alone and walks with support
- \*walks alone by 15 months
- \*shakes head “no” before “yes”
- \*drinks from a cup
- \*marks on a paper with a crayon
- \*walks backwards
- \*”performs” for an audience
- \*hands a toy or object to parent
- \*stoops down and stands back up
- \*begins to use spoon or fork to feed self

#### Mental and Social

- \*likes to imitate adults
- \*remembers people and objects
- \*developing a sense of independence
- \*may use three to six words
- \*understands simple commands like “come” and “look”
- \*points to draw attention to something
- \*communicates pleasure and unhappiness

#### Activities for You and Your Baby

- \*play hide and seek with a toy
- \*read picture books to your child
- \*point to body parts and name them
- \*ask “who’s that” and “what’s that”
- \*provide for big muscle activities (climbing; balls) and quiet play (crayons and paper)
- \*play with stacking blocks and containers to fill and empty
- \*provide music and musical toys

Today’s Date \_\_\_\_\_ Age \_\_\_\_\_

Weight \_\_\_\_\_ # \_\_\_\_\_ oz

Height \_\_\_\_\_ ” \_\_\_\_\_

Head circumference \_\_\_\_\_ cm

- \*go on outing; talk about what you see and do
- \*provide washable doll to play with
- \*provide imitative toys like play phone & broom
- \*develop a nighttime ritual
- \*help child learn to take off clothing

#### Nutrition

- \*child eats table food now
- \*encourage use of cup; discontinue bottle as soon as possible; never put baby to bed with bottle
- \*give finger foods so child can feed self
- \*child should drink whole milk until two years of age (only 12-24 ounces in 24 hours)
- \*encourage use of spoon
- \*avoid food that could cause choking such as hot dogs, peanuts, popcorn, raw vegetables, and M&Ms
- \*expect appetite to slow down as growth slows at this age

**Immunizations Today**

MMR #1, Varicella #1, Hib #3, Hep A #1

\*Your child may have a fever, be a bit irritable, have a rash, swelling/pain at the injection site. You can give your infant Tylenol as directed by your doctor for these symptoms.

**Screening Tests**

Your baby may have hematocrit/hemoglobin test to check for anemia or low blood counts now or at 18months.

**Safety**

\*use car seat always\*\* **babies must stay in rear-facing carseats until they are 12 months old AND over 20 lbs.**

\*keep poisons, sharp objects like scissors, small objects like coins, and hot objects like curling irons out of reach

\*Poison Control Number 1-800-222-1222

\*practice safety skills for the kitchen, stairs, and bathroom

\*set hot water heater temperature to 120 degrees or less

\*never leave child unattended in or near water

\*no smoking in car or home or around child

\*make sure smoke alarms are in working order

\*provide protection from exposure to sun

Notes

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**Your baby's next regular well child visit is at 15 months of age.**

**Please bring your child's shot records to every well baby appointment or physical.**  
**Appointment Line: 526-2273/524-2273**

**Pediatric Clinic front desk 526-7653.**

**Family Practice Clinic 524-4068**