



## WHAT HAPPENS AT THE 12 MONTH VISIT?



## MY NOTES AND QUESTIONS

### Exam

- Record length, weight, and head circumference
- Check soft spots, skull development, skin sensitivities, heart, lungs, abdomen, hands, feet, muscle tone, strength, incoming teeth, ability to focus eyes, and movement of legs and hips
- Assess development including diet, and the ability to reach for objects, grab and let go, sit up, and sleep
- Test for anemia/lead exposure

### Milestones

- Pulls to standing
- Walks with support or a few steps alone
- Points
- 1-3 new words plus "mama" and "dada"
- Looks for dropped or hidden objects

### Immunizations

- MMR/Variax
- Prevnar 13

### Screenings

- Ages and Stages
- Bloodwork for lead and CBC



GREEN TREE PEDIATRICS

## MY 12 MONTH VISIT

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(child's name)

Has an Appointment on

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(date)



## FOCUS ON DISCIPLINE

### Why does spanking, slapping, shaking, and screaming at a child do more harm than good?

- It teaches the baby that it is okay to hit or yell when s/he is upset
- Physical punishment can harm your child
- This kind of punishment is a form of attention

### What can you do instead?

- The keys to effective discipline are consistency and calmness
- When you feel yourself losing your temper, take a few deep breaths, count to 10, and get someone else to watch your child while you leave the room if possible
- Use a “timeout” by picking up your child with his/her back toward you, placing your child in the playpen, and leaving the room for 1 minute



## STIMULATING HEALTHY DEVELOPMENT



- Reading to your child helps him/her learn new words. Choose books that encourage touching and pointing to objects
- Encourage your child to use his/her words, sounds, and gestures to communicate
- Play games that include repetition
- Boredom can be important to stimulate your child’s imagination
- Ensure that your child is exposed to other kids



## SAFETY CHECK

- Review “Safety Check” advice from prior pamphlets
- Schedule dentist visits
- Continue “baby proofing” the house by placing gates across stairs and keeping cleaning supplies and medications out of reach
- Introduce soft, moist “table” foods. Babies can easily choke on hard foods or large pieces of food. Always supervise feedings
- You can introduce cow’s milk and cups
- Do not put the baby to bed with a bottle
- Limit direct sun exposure by using hats and sunscreen

