

Healthy Babies, Healthy Kids, Healthy Futures™  
Healthy Habits that start in childhood last a lifetime.



**12 MONTH OLD CHILD – WELL VISIT HANDOUT**

**GROWTH PARAMETERS**

Weight	lbs	oz	%
Height		inches	%
Head Circumference		cm	%

**DEVELOPMENTAL MILESTONES FOR A 12 MONTH OLD**

- crawling
- walking with help/alone
- pincer grasp (thumb and index finger)
- uses sippy cup
- tries to use spoon
- says mama and dada specifically
- pulls up well to stand
- teething
- likes to play open and close and in and out
- babbles a lot

**ANTICIPATORY GUIDANCE FOR 13-15 MONTHS**

- uses a cup
- says Mama/Dada specifically
- walks alone
- looks at books and pictures
- pincer grasp
- 3-6 jargon words
- tries to climb
- learning body parts
- starting to point to things

**SAFETY**

- Never leave baby unattended.
- NO WALKERS.
- Lower the crib mattress.
- Avoid sun exposure (Apply at least SPF 15 sunscreen daily as part of getting dressed).
- Carseat faces rear till both 1 year **AND** 20 lbs.
- Use a rectal digital thermometer to take baby's temperature.
- Fever is a rectal temperature  $\geq 100.5$ . Use Tylenol or Motrin for fevers or pain. See the dosing handout under parent handouts @ [www.drglasser.com](http://www.drglasser.com) for your child's dose based on weight.
- Clean teeth with baby toothbrush or a cloth at bath time with water or NON-FLUORIDE containing toothpaste. First dentist visit at 3 years.
- Continue childproofing the house. Have Poison Control number **1-800-222-1222** near the phone.

**NEXT VISIT AT 15 MONTHS (DON'T FORGET THE SHOT RECORD)**

Dr. Lisa Glasser of Siena Pediatrics.  
Call for appointments (702) 248-7337.  
Visit [www.drglasser.com](http://www.drglasser.com) for additional information.

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