

12 Month Check-Up

Date_____

Head_____

Length_____

Weight_____

Nutrition

The best diet for your baby is rich in fruits, vegetables, and whole foods. This is the time to begin establishing healthy habits for your entire family. What your child eats now affects his/her health in later years. Your child learns best from what they see you doing. Parents are the best role models. We know that it is tempting to eat fast foods, processed foods, and sugary foods. These foods have little benefit and may replace nutrient-rich foods that your baby needs for his/her growth and development.

- **The American Academy of Pediatrics recommends** continued breastfeeding **after** one year of age. There are health benefits to breastfeeding after one year of age.
- Formula fed babies or babies who have been weaned from breastfeeding should be given whole cow's milk at this age. You should limit the amount of milk to 16 ounces per day.
- Bottle fed babies should be weaned to a cup by this age.
- **You** (not baby) should brush your baby's teeth with a soft toothbrush and water twice a day. If you do not have city water, talk with your provider about fluoride supplementation.

Development

- Your baby will be learning how to walk and exploring more of his/her environment.
- May have stranger and/or separation anxiety. This is normal. Provide support and be patient.
- May say 5-10 "words" like mama, dog, or shortened versions of words
- Likes to help dress
- Learning how to point to body parts.
- Points to show you things
- Likes to pick things up off the ground and discover objects.
- Enjoys social activities and wants to be included in social activities such as mealtimes

Positive Parenting

- Keep reading to your toddler daily.
- Ask him/her to find objects or name body parts or objects.
- Play matching games.
- Encourage him/her to explore and try new things.
- Talk and listen to your toddler.
- Encourage curiosity by spending time together on walks or going to the park.
- It is never appropriate to have a TV in your child's room.
- The American Academy of Pediatrics recommends **no** TV for children less than 2 years old.

Safety

As your child becomes more active, his/her ability to encounter more dangers is increasing as well. Here are a few recommendations to help keep your toddler safe:

- Lock up medicines, household cleaners, and poisons
- Store any guns unloaded in a safe place out of his/her reach.
- Safety gates on all stairways.
- Electrical plug covers on all outlets
- Keep hot water heater thermostat set at 120 degrees
- Never leave him/her alone in the car, even for a few moments.
- Never smoke around your baby.
- Keep sharp objects away from your baby (scissors, pens, pencils, sticks)
- Remember that many indoor plants can be poisonous.
- Keep in mind that toddlers like to put many things in their mouths that may be hazardous. Allow them to mouth toys that are meant for kids of their age.

Who to call

- During usual weekday hours, you can call the main clinic number

Benton Health Center
530 NW 27th Street
Corvallis, OR 97330
541-766-6835

Lincoln Health Center
121 SE Viewmont Ave.
Corvallis, OR 97333
541-766-3546

Monroe Health Center
610 Dragon Drive
Monroe, OR 97456
541-847-5143

East Linn Health Center
100 Mullins Drive. #A-1
Lebanon, OR 97355
541-451-6920

- After hours and on weekends, you can call the same number and you will be forwarded to a nurse that can help answer your questions.
- Poison Control Center: **1-800-222-1222**