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12 MONTH VISIT

Date of Visit: _____

Height: _____

Weight: _____

Head Circumference: _____

DEVELOPMENTAL MILESTONES (obtained from MedlinePlus):

Physical and motor-skill markers:

- Triple the birth weight
- Grow to a height of 50% over birth length
- Have a head circumference equal that of the chest
- Have 6 - 8 teeth
- Have a nearly-closed anterior fontanel (the front soft spot on the head)
- No longer have a Babinski reflex
- Pull to stand and walk with help or alone
- Sit down without help
- Bang 2 blocks together

- Turn through pages of a book by flipping many at a time
- Have a precise pincer grasp

Sensory and cognitive markers:

- Follows a fast moving object
- Has control over response to sounds
- Comprehends several words
- Can say mamma, papa, and at least 1-2 other words
- Comprehends simple commands
- Tries to imitate animal sounds
- Associates names with objects
- Searches for objects that are hidden, but unable to consider alternative locations
- Points to objects with index finger
- Waves bye
- May develop attachment to a toy or object
- Experiences separation anxiety and may cling to parents
- May make brief exploratory journeys away from parents in familiar settings

Play recommendations:

- Provide the infant with picture books
- Provide the infant with different stimuli, such as going to the mall or zoo
- Play ball
- Build vocabulary by reading and naming people and objecting in the environment
- Teach hot and cold through play
- Provide large toys that can be pushed to encourage walking

VACCINES AND BLOODWORK:

MMR (Measles, Mumps, and Rubella)

PPD (Screening for Tuberculosis)

Bloodwork (CBC and Lead level)

DIETARY EXPECTATIONS (obtained from www.kidshealth.org):

By about 8 months old, most babies are pros at handling the iron-fortified infant cereals and pureed vegetables and fruits that have been introduced as part of their diet along with breast milk or formula. Over the next few months, your child will start to explore table foods.

YOUR CHILDS CHANGING EATING HABITS:

By the first birthday, babies usually are ready to go from formula to cow's milk. If you're breastfeeding, you can continue or you may decide to stop now. You've probably already introduced your baby to a sippy cup, so let him or her keep working on it. (Juice should always be given in a cup, not a bottle.) After 12 months, you can serve whole milk in a cup, which will help with the transition from the bottle.

FEEDING SAFTEY:

Never leave your baby unattended while eating in case he or she chokes. Avoid foods that could present a choking hazard such as whole grapes, raw vegetables, hard fruits, raisins, white bread, pieces of hard cheese, hot dogs, popcorn, and hard candies.

If you're unsure about whether a finger food is safe, ask yourself the following questions:

- Does it melt in the mouth? Some dry cereals will melt in the mouth, and so will light and flaky crackers.
- Is it cooked enough so that it mashes easily? Well-cooked vegetables and fruits will mash easily. So will canned fruits and vegetables. (Make sure to choose canned foods that don't have added sugar or salt.)
- Is it naturally soft? Cottage cheese, shredded cheese, and small pieces of tofu are soft.
- Can it be gummed? Pieces of ripe banana and well-cooked pasta can be gummed.

THE AIRPLANE GAME:

Keep your child's temperament in mind when you're trying to introduce new foods. If you encounter resistance to new textures, serve them in small portions and mix them with food you know your child likes. A child who likes a lot of stimulation may enjoy it when you "play

airplane" with the spoon to get the food into his or her mouth. A more sensitive child, however, may need the focus kept on eating with minimum distractions.

HOW MUCH FOOD IS TOO MUCH:

Infant formula and breast milk continue to provide important nutrients for growing infants, but babies will start to drink less as they approach the first birthday. They're getting more nutrients now from the variety of foods they've learned to eat and enjoy.

You may be concerned that you're feeding your child too much or not enough. Pay attention to your child's cues that he or she is hungry or full. A child who is full may suck with less enthusiasm, stop, or turn away from the breast or the bottle. With solid foods, your baby may turn away, refuse to open his or her mouth, or spit the food out.

Let your baby finger feed or hold a spoon while you do the actual feeding. This is good preparation for the toddler years when your child will take charge of self-feeding. And if you haven't already, consider establishing more regular mealtimes.