



Dr. Daniel Rosenberg, Dr. Derek Einhorn, Dr. Carrie Leff
39475 Lewis Drive, Suite 130 Novi, Michigan 48377
248.374.0502

12 MONTHS

Every child is unique. The following is a guide to help you better understand what to expect from your child.

 **HOW DO I MEASURE UP?**

WEIGHT: _____ lbs _____ oz _____ %
LENGTH: _____ inches _____ %
HEAD CIRC: _____ cm _____ %



FEEDING: At age 1, you should change from formula to whole milk. The average consumption of milk at this age is 16-20 oz; do not exceed 24 oz. of milk per day. If you still want to breast feed, it is fine to continue. Some toddlers (yes...toddlers now) may lose weight as they become active and more picky eaters. Do not worry...continue to encourage good eating habits and presenting healthy choices as preferences may change from day to day. You may offer your child a spoon at this time to experiment with. Snacks should be as healthy as possible; yogurt, raisins, cheese or fruits are good choices. If your child still takes a bottle, try to reserve its use to critical times, like before naps and nighttime. The goal is to get rid of the bottle by 18 months, so start early.



SLEEPING: This age group can be a challenge when it comes to sleep because they are testing limits and boundaries in every aspect of their lives. Remember to lower the crib mattress to the lowest setting to avoid climb outs. At this point, it is ok to put soft toys and soft books in your child's crib, but avoid overcrowding. This will provide entertainment for your child in the morning or around naptime. Allow your baby's crib to be a special, safe place that is comforting. Remain consistent with naptime and bedtime. Give verbal cues to your child to warn them of impending sleep times and try to stick to a consistent bedtime routine.



IMMUNIZATIONS: MMR, Varicella (Chicken pox), Hib, Prevnar, Hepatitis A
BLOODWORK: Blood count (hemoglobin), lead level



DEVELOPMENT:

12 months:

- Pulls to stand
- Starts to walk
- Use cup
- Teething

13-15months:

- Tries to climb
- Learning body parts
- Walks independently
- 3-6 jargon words



CAR SEAT SAFETY: New recommendations from the AAP are to keep your child rear facing until age 2 OR until they reach the highest weight or height allowed by the manufacturer of the car seat.



NEXT VISIT: 15 MONTHS