

Bloomfield Hills: 248-203-6620

Farmington Hills: 248-788-2100

Twelve Month Exam

Length _____ Weight _____ Head Circumference _____

Your baby is now becoming a toddler. This can be a magical time period as your child begins to communicate better and gains greater mobility. Take time to play and explore the world with your child. As children develop new skills, he will be feeling more powerful. Part of his job is to explore the world and seek out the limits of his power. Remember that you are your child's number one role model. Teach him by setting good examples. **Do not make the mistake of letting your child run your home. Children do not benefit from over-indulgent parents.** They benefit from living in a loving, principled environment. Being in charge and setting limits provides children a greater sense of security. While he may protest your decisions, remember that he has limited insight. With time, he will come to respect and appreciate your guidance.

Development: Your child should be babbling and may be using single words such as Dada, Mama, or Hi. She will comprehend more, often able to follow a simple command. Her mobility is improving and she may be walking or cruising along furniture. Hand control is progressing. Often toddlers will roll a ball or toss objects through the air.

Feeding: Your child should be exclusively on table foods now. He should be using a cup to drink and you should offer a spoon at mealtime. Expect messy meals. Choking is a big hazard. Food should be cut into small pieces. Be cautious with meats and firm vegetables and fruits. No whole nuts, popcorn or hard candy until 3-4 years old. Feed only while seated in a high chair or similar device. Toddlers are erratic eaters. They will eat great one day and lousy the next. Look at nutrition over the course of a week, not day by day. This is the time to introduce cow's milk. We suggest 2% milk, slowly mixing with formula over a period of a week or so. **Time to get rid of the bottle and the pacifier.** Prolonged use promotes dental disease. Fluoride may still be needed if consuming well water.

Immunizations and Testing: MMR and Varicella. It is possible that other vaccines will be recommended depending on your child's previous vaccinations. **Recommendations may change as AAP and CDC recommendations change over time.**

Please fill out the provided forms to assess the need for Tb and/or lead testing.

Safety: Again, choking is a major concern. Is your house safety-proofed? Watch for unsafe toys with small parts. Keep purses, hot objects, medications, and toxic products high out of reach. Protect stairs with gates. It may be time to get a new car seat. **Never leave a child unattended in a car or near water.** Use flame resistant sleepwear, and remove strings from hoods to prevent accidental strangulation. Supervise around pets. Use flexible soled shoes to protect feet when outside.

Common Issues: Be consistent and set limits. Temper tantrums may be increasing. The best approach here is to make sure that your child is on a safe surface and then let him work through his tantrum. Act neutral and try not to respond either positively or negatively. Children may experience separation and stranger anxiety. Children may resist bedtime. Have a bedtime routine and insist on him falling asleep on his own. Remember to set time aside for yourself, your spouse and your friends. Hire a baby sitter!!

Next exam is at 15 months of age