

AT TWELVE MONTHS OF AGE

Height _____ Weight _____ Head Circ. _____

As a parent, you want to do all you can to help your child grow and develop normally. Here are some activities and guidelines:

Developing language skills and understanding:

- ❖ **Imitating words** – As you naturally talk to your child, say key words that he or she knows (milk, table, a pet's name). Encourage your child to say the words back to you.
- ❖ **Developing rhythm** – Make noisemakers for your child with a pie tin and a wooden spoon. Help your child "make music" by hitting these together.
- ❖ **Talking** – Help your child learn to talk by having him or her name things you see as you take walks or go on rides in the car. Have your child ask for things with words instead of pointing to them.
- ❖ **Naming body parts** – As you bathe and dress your child, point to body parts, name them and ask your child to say the words.
- ❖ **Read to your baby everyday.**

Developing personal and social skills:

Activities to continue- Encourage drawing and play with bathtub toys and stacking toys.

Playing games with blocks – Buy blocks or make them from pieces of cardboard. Show your child how to stack the blocks, line them up and play with them.

Putting in and Out – Show your child how to put things into containers such as pots, boxes and milk cartons. Then have her dump them out and start over again.

Vaccines given today:

DtaP
Hib
Polio
Prevnar
MMR
Varivax
DT
Hep B
Hep A
Pneumococcal
Flu vaccine

Next Well Appt. _____

Questions about vaccines?

We recommend these web sites:

www.vaccine.chop.edu

www.cdc.gov

Feeding guide: (12 months)

- ❖ Your child may eat well at one meal and not so well at the next.
- ❖ One good meal plus some food from other food groups is fine.
- ❖ Forcing babies to eat can lead to other problems.
- ❖ Try not to use food for reward or punishment.
- ❖ Try not to offer food when your child is upset.

What is it like to be twelve months old?

What your baby does:

- ❖ Likes to drop and throw toys.
- ❖ Insists on feeding himself.
- ❖ Crawls, climbs and pulls self up to stand alone.
- ❖ Has strong likes and dislikes
- ❖ Trusts people he knows but is afraid of strangers and new places.
- ❖ Loves to be the center of attention.
- ❖ Can follow easy instructions like "Come here or "Give it to me"; understands most things that you say.

Remember: No two children grow at exactly the same rate. If you have any questions or concerns about these tips and guidelines or your child's development, please contact us.

Notes from visit or questions:

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