

HEALTH SUPERVISION VISITS

TWELVE MONTH VISIT

INFANT BEHAVIOR

- Discipline with time-outs and positive distractions; praise for good behaviors
- Establish family routines
- Continue at least 1 nap a day; nightly bedtime routine with quiet time, reading, singing, a favorite toy
- Establish teeth brushing routine

NUTRITION

- Encourage self-feeding; avoid small, hard foods
- Feed 3 meals and 2-3 nutritious snacks a day; be sure caregivers do the same
- Provide nutritious food and healthy snacks
- Trust child to decide how much to eat (toddlers tend to “graze”)

ORAL HEALTH

- Brush teeth twice a day with plain water, soft toothbrush
- If still using bottle, offer only water

SAFETY

- “Childproof” home (medications, cleaning supplies, heaters, dangling cords, stairs, small or sharp objects)
- Use a rear-facing car safety seat until at least 1 year old AND at least 20 pounds
- It is best to use a rear-facing car safety seat until highest weight or height allowed by manufacturer; make necessary changes when switching to forward facing; never place rear-facing car safety seat in front seat of vehicle with passenger air bag; back seat is safest
- Stay within an arm’s reach (“touch supervision”) when near water; empty buckets, pools, bathtubs immediately after use
- Remove guns from home; if gun necessary, store unloaded and locked, with ammunition locked separately

DEVELOPMENT

- Pulls to stand, Stands alone

- Bangs 2 cubes held in hands, puts block in cup
- Imitate vocalizations/sounds, babbling
- One word
- Play pat-a-cake, waves bye
- Imitate activities
- Points