

# 12 Month Checkup

Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Height: \_\_\_\_\_



*“My son is very active. So, I read short stories to him while he’s in the bath or in the swing at the park.”*

—Kaiser Permanente Member

## Your child may be ready to ...

- walk holding on to furniture
- look for dropped or hidden objects
- play pat-a-cake or peekaboo
- say one to three words and imitate sounds
- point with fingers and feed him/herself

## Feeding

- The advantages of breastfeeding continue for you and your baby as long as you continue to breastfeed. Continue breastfeeding as long as it is good for the two of you.
- Give your child whole cow’s milk or full fat soy milk to drink. Nonfat or low-fat milk can be introduced when your child is 2 years old.
- Offer a variety of healthy foods each day (fruits, well-cooked vegetables, low sugar cereal, yogurt, cheese, whole grain breads, crackers, lean meat, fish, tofu, etc.).
- Avoid foods that may cause choking (whole hot dogs, nuts, chunks of meat, cheese, peanut butter, whole grapes, hard or sticky candy, popcorn, or raw vegetables).
- Let your child decide how much to eat.
- Encourage your child to drink liquids from a cup.
- Limit juice to no more than 4-6 oz. each day. Also, cut down on sodas, chips, fast foods, and sweets.

## Healthy habits

- Don’t smoke! Talk with your doctor or visit the health education department if you would like to quit smoking.
- Do not put your child to bed with a bottle. It can cause tooth decay.
- Brush your child’s teeth every day with water only. Don’t use toothpaste until your child is 2 years old.

- Take your child for walks.
- Limit TV and video viewing to no more than one hour per day.
- To protect your child’s skin from the sun, use sunscreen (hypoallergenic SPF 15), a hat, dark glasses, pants, and long-sleeved shirts.

## Safety

- Avoid drowning. Watch your child at all times when he/she is near water (pool, hot tub, bucket, bathtub, toilets, lake, etc.). Swimming pools should be fenced on all sides and have a self-latching gate.
- Car seat. Use a forward-facing safety seat if your child weighs at least 20 pounds (9 kg). Be sure that it is properly installed in the back seat.
- Avoid choking. Learn the Heimlich Maneuver (first aid for choking, see other side). Keep drapery cords and electrical cords out of your child’s reach.
- Poison Control Center. 1-800-876-4766
- Lead Poisoning Risk. Tell your doctor if your child spends a lot of time in a house built before 1978.

## Parenting

- Read stories, talk, and play games with your child every day. Show affection.
- Fear of strangers is normal at this age.
- Discipline: Say “no,” then physically move your child from the dangerous situation. Do not yell or spank. Be a good role model.
- To distract your child from misbehaving, try offering a toy or simply give the child a hug.

## 12 Month Checkup

### Feeding children: 1–3 years old

It is important to teach your child good eating habits early on. Offer a variety of healthy foods. If your child doesn't want to eat them it's okay. There is no need to offer less-healthy food choices. In the long run, your child will get enough to eat.

Starting at 12 months, your child can begin to drink whole cow's milk or full fat soy milk, instead of formula. Whole milk provides fat calories that your child needs. Nonfat or low-fat milk can be introduced when your child is 2 years old.

Give water and juice in a cup, not a bottle. Limit juice to no more than 4-6 ounces each day. By 18 months, stop giving bottles to your child.

Your child will get better and better at feeding him/herself between 12 and 18 months of age, including biting through food, chewing and swallowing. Help your child by cutting or grinding food into small pieces and giving soft, well-cooked vegetables. Grounded meat is more easily chewed than solid meat. Introduce soft combination foods, such as casseroles, macaroni and cheese, spaghetti, yogurt, cheese, rice, and beans.

**Avoid battles over food:** As a parent, you are responsible for what you offer your child to eat—but your child decides what and how much is eaten. During this time your child needs to assert him/herself to know that he/she is a separate person from you. It is normal for your child to eat less at this age because your child's growth slows down. Look at what your child eats over a week instead of a day. Parents can often relax once they know how little food children need to be healthy.

### Serving sizes

**Dairy:** 2 to 3 cups per day (such as, whole milk or full fat soy milk, yogurt, and cheese.) Giving your child 2 cups of milk a day is enough; but

more than 3 cups replaces other foods. Do not feed your child rice milk.

**Fruits and vegetables:** 5 servings per day (such as, fruits; peaches, pears, plums, bananas, apples, peas, corn, green beans, squash, mixed vegetables, sweet potatoes). One serving is about 1 tablespoon for each year of age.

**Grains:** 6 or more servings per day (such as, bread, cereal, rice, noodles, crackers). One serving is about 3 tablespoons or 1/3 a slice of bread, or 3 crackers.

**Protein foods:** 2 servings per day at 1/2 oz. per serving (such as, meats, fish, poultry, tofu, beans, eggs). One serving is about 1 to 2 tablespoons.

### How do you determine if your child is choking?

- If your child is able to cough or cry, it's a good sign that he/she is getting enough air. Call the Advice Nurse if you are concerned.
- If your child cannot breathe or cry, he/she is probably choking. Call 911 immediately, then do the following:



**Step #1:** Hold your child in front of you on your lap (facing away with his/her back towards you). Place the thumb-side of your fist against the middle of your child's abdomen just above the belly button.

**Step #2:** Give up to five quick upward thrusts.

*Repeat steps 1 and 2* until the object is coughed up, or until your child starts to breathe. If your child becomes unconscious, make sure someone has called 911 and start CPR.

Take CPR training for more information.

To prevent choking, do not let your child have:

- toys with buttons, marbles, coins, balloons, or small removable parts;
- foods such as whole hot dogs, nuts, chunks of meat, cheese, peanut butter, whole grapes, hard or sticky candy, popcorn, or raw vegetables.

## OTHER RESOURCES

### Web sites

**American Academy of Pediatrics**

[www.aap.org](http://www.aap.org)

**Kaiser Permanente**

[www.kaiserpermanente.org](http://www.kaiserpermanente.org)

**Bright Futures**

[www.brightfutures.org](http://www.brightfutures.org)

**Preventive Ounce**

[www.preventiveoz.org](http://www.preventiveoz.org)

### Books

*Guide to Your Child's Nutrition* – American Academy of Pediatrics

*Mommy Made and Daddy Too: Home Cooking for a Healthy Baby & Toddler* – Martha Kimmel, et al.

*Baby & Toddler Food* – Konemann Staff

*Baby & Child Emergency First-Aid Handbook* – Mitchell, MD, Einzig

*Kaiser Permanente Healthwise Handbook*

Visit your local **Health Education Department** or **Center**. Call the **Kaiser Permanente Healthphone** (1-800-33-ASK ME).

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**Please share**  
*this handout with anyone  
who takes care of your child.*

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The next checkup is when your child is 15-24 months old.



Your child may get immunizations (shots) at the next visit.

The information presented here is not intended to diagnose health problems or to take the place of the information or medical care you receive from your child's medical professional. If your child has persistent health problems, or if you have additional questions, please consult your child's physician or other medical professional.