

12 Months

Developmental Milestones

Gross Motor

- Lets go of furniture and stands alone
- Takes several steps
- Beginning to walk
- Beginning to stoop and recover

Language

- Says "mama" and "dada" specific to each parent
- Says 1-2 other words

Fine Motor-Adaptive

- Puts objects inside a container
- Finger feeding self well
- Bangs two blocks together
- Points with one finger to indicate wants

Personal-Social

- Waves bye-bye
- Plays ball with other people
- Plays pat-a-cake and so-big
- Should be beginning to drink from a cup
- Begins to hold still when getting dressed

Anticipatory Guidance

Safety

- ◆ Always place your toddler in an appropriate car seat, and make sure the seat is appropriately strapped into the vehicle. The AAP currently recommends maintaining your child in a rear facing position until 2 years of age.
- ◆ Make sure your water heater is set below 120°F to prevent burns.
- ◆ Never leave your toddler lying on any surface above ground level without the toddler being secured with safety straps or a hand.
- ◆ Always maintain a smoke-free environment around toddlers.
- ◆ Make sure you have smoke detectors installed, and be sure to check the batteries monthly. Replace batteries at least once a year.
- ◆ Never have hot liquids around or within reach of your toddler. You never know when they might spill.
- ◆ Avoid direct sun exposure. Your toddler has very sensitive skin and will burn easily. Sunscreen should be used and should be SPF 30 or higher.
- ◆ Make sure your home is completely childproofed (See childproofing handout).
- ◆ Never leave a bottle of milk or juice in the crib with your toddler. It will lead to tooth decay.
- ◆ As your child becomes more mobile, make sure that there are no small objects lying around that he could ingest.
- ◆ Never leave windows open without a window guard.
- ◆ If you have a pool, make sure you have a pool fence on all four sides with a self-locking latch that is out-of-reach to the child.

My Child's Growth

Length: _____ %

Weight: _____ %

Head Circ: _____ %



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Anticipatory Guidance

Toddler Care

- ◆ Continue encouraging a sippy cup for water and/or milk. Your toddler should be weaning off of the bottle at this age.
- ◆ Bedtime routines continue to be important at this age.
- ◆ Continue reading stories at this age. Your toddler will begin to interact with the pictures and may begin pointing at the pictures.
- ◆ You may begin whole milk at this age. Always use whole milk until at least two years of age as your toddler needs the fats contained in the milk to help with brain development.
- ◆ Continue brushing or wiping your toddler's teeth with a cloth daily.
- ◆ Your toddler should be actively participating in feeding himself at this age.
- ◆ Avoid foods which pose a choking hazard: peanuts, whole grapes, popcorn, hot dogs, sausage, and hard candy. Remember to cut food into small pieces that your toddler can pick up with two fingers.
- ◆ Always supervise your child when he is feeding.
- ◆ Use distraction as discipline as well as positive reinforcement.
- ◆ By this time, your child should be learning the meaning of "no" and learning how to follow simple rules.

My Growth

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