

# Bloomfield Pediatric Care

[www.bloomfieldpediatriccare.com](http://www.bloomfieldpediatriccare.com)

43205 Woodward Avenue Bloomfield Hills, MI 48302

## 12 Month Well Visit

### Growth & Development Milestones

- ✓ Usually has a definite daily pattern
- ✓ Opens cabinets, pulls tablecloths
- ✓ Usually examines an object before putting into mouth, likes to feed self
- ✓ Understands a few simple words
- ✓ Says a few words ("mama", "dada", "ball", "dog").
- ✓ Loves rhythms and rhymes
- ✓ Continues to prefer people to toys
- ✓ Has developed a deep attachment to a few familiar people, less anxious about strangers
- ✓ Loves to make parents laugh
- ✓ May give up something on request
- ✓ May walk without assistance
- ✓ Crawls rapidly, stands alone, seats self on floor

### Personal Health & Wellness

- ✓ Offer wide variety of healthy foods and 2-3 snacks
- ✓ Table foods need to be cut into small soft pieces
- ✓ Should begin feeding themselves
- ✓ Continue bottle weaning, sippy cup may be used
- ✓ Breast/formula can be weaned to whole milk, observe for constipation with switch
- ✓ Encourage 12-16 ounces of dairy daily for bone growth
- ✓ **Avoid** juices or limit to 4 ounces per day
- ✓ **No** junk foods or soda pop
- ✓ Clean teeth twice a day
- ✓ Temper tantrums may begin
- ✓ No TV time. Read daily, play games, sing & be active!

### Fire Safety & Burns – Water Safety

- ✓ Test smoke detectors 2x/year
- ✓ Install CO alarm near sleeping areas
- ✓ Keep matches and lighters out of reach
- ✓ Have fire escape plan and PRACTICE!
- ✓ Water heater should be set at 120 degrees or less
- ✓ Watch for burn risks: stoves, space heaters, irons, fireplace
- ✓ Always supervise around open water/bathtubs

### Home & Personal Safety

- ✓ Safety latches on cabinets and doors is important
- ✓ Insect repellent (<10% DEET) may be applied once daily; wash off before bedtime
- ✓ Children require a **tobacco free** environment
- ✓ Don't forget sunscreen!
- ✓ **Properly fitted, properly installed, rear-facing car seat!**
- ✓ **Reinforce stranger safety!**
- ✓ **Poison Control number available to all caregivers**

### For more information on normal growth and development:

<http://www.bloomfieldpediatriccare.com/normal-development/normal-development-12-months-old/>



### Helpful resources:

Symptom Checker, Immunization Schedule, Medication Dosing and Nutrition

<http://www.bloomfieldpediatriccare.com/pediatric-health-topics/>



### Office Hours:

Monday – Friday 9:00 am to 5:00 pm

Saturday (Sept – May) 9:00 am to 12:00pm

Phone Number (248) 451-0600

Answering Service (248) 858-6888

Fax Machine (248) 451-0700

Poison Control (800) 222-1222

Child Safety Seat Inspection:

1-866-SEATCHECK; [www.seatcheck.org](http://www.seatcheck.org)

Beaumont Pediatric After Hours Clinic

Royal Oak Troy

(248) 551-0222

(248) 964-2888