

# 12 Month Visit: What to Expect



# Growth & Physical Exam



## Measurements

We'll check weight, length, and head circumference. You made it to a year — yay! 🎉  
One year, one step, one word!



## Walking Ability

I'll check for walking ability and overall physical development milestones at this visit.



## Hemoglobin Check

We'll check hemoglobin levels to screen for anemia — a routine part of the one-year exam.

# Diet & Nutrition



## Whole Milk

Time to transition to whole milk! It provides the fat and nutrients your growing toddler needs.



## Self-Feeding

Encourage self-feeding with utensils — it's messy but great for development and independence!



## Food Variety

Offer a wide variety of foods to build healthy habits and expose your toddler to new flavors and textures.



## Choking Hazards

Avoid foods that pose choking risks. Cut foods into small, manageable pieces and always supervise mealtime.



## Wet & Poopy Diapers

We'll check in on how diaper output is going — a helpful indicator of hydration and digestive health.

# Sleep & Development



## Nighttime Sleep

We should be sleeping 10–12 hours at night with 1–2 naps during the day.



## Sleep Regression

Sleep regression is common at this age due to increased independence and mobility — hang in there!



## Bedtime Routine

Continue a consistent bedtime routine to signal wind-down time and improve sleep quality.



## First Words

Developmentally, look for one word beyond "mama" and "dada," and understanding simple directions.



## Social Milestones

Engages in simple play, points to show interest, and seeks comfort from primary caregivers.

# Parenting & Next Steps



## Early Discipline

Time for age-appropriate boundaries and early discipline. Keep it consistent, calm, and kind.



## Language Development

Continue encouraging language by reading, talking, and narrating your day. It makes a big difference!



## First Dental Visit

Schedule the first dental visit once the first tooth has erupted — early dental care sets good habits.



## Social Interaction

Toddlers need peer interaction! Playgroups and library story times are wonderful for social development.



## Parent Wellbeing

Parent stress with toddlers is completely normal. More tantrums are coming — and potentially a picky eater stage too!

# Vaccines at 12 Months

📌 The following vaccines are recommended at the 12-month visit per the AAP and CDC immunization schedule. Your provider will confirm which are due based on your child's history.

**MMR** – Measles, Mumps, and Rubella

**Varicella** – Chickenpox vaccine

**Hep A** – Hepatitis A (first of two doses)

**PCV** – Pneumococcal conjugate vaccine

**Hib** – Haemophilus influenzae type b

**Flu** – Influenza vaccine, if in season