



Well Visit Guide

12 Months



Nutrition

- Many children now transition from formula to whole milk.
- Breastfeeding may continue, if desired.
- Offer 3 meals and 2 to 3 snacks daily.
- Appetite may vary from day to day.
- Continue offering a variety of foods.
- Vitamins are unnecessary for most children.

Great Foods To Offer

- Yogurt & cheese
- Soft meats & eggs
- Fruits & vegetables
- Whole grains
- Beans or lentils
- Nut butters

Avoid

- Grazing
- Excess juice
- Choking hazards



Sleep & Routine

- Many children transition from 2 naps to 1 between 12 and 18 months.
- Sleep changes are common during milestones.
- Consistent bedtime routines often help.
- Reading, songs, and calming rituals are powerful.

Routine builds security.



Cups & Bottle Weaning

- This is a great time to transition from bottles to cups.
- Gradual changes often work best.
- Offer milk and water in cups.
- Reducing bottles may help teeth and speech development.
- Many children fully transition off of bottles by 15 months.
- You may also introduce safe, supervised utensil use at this age, although proficiency will take time.



Development

Many children may begin to:

- Take first steps
- Cruise or walk holding support
- Use gestures
- Say simple words
- Follow simple directions
- Point to request or show
- Show strong preferences

Milestones happen on a range of timelines.



12 Months



Stools

- Stool patterns may vary with diet changes.
- Stool may be firmer during milk transitions.

Call us for:

- Blood in stool
- Pain with stools



Teeth & Oral Care

- Brush twice daily with a rice-sized smear of fluoride toothpaste.
- Schedule a first dental visit.
- Avoid bottles in bed.



Vaccines & Screenings

Recommended vaccines or screening tests may be discussed today, based on schedule. We are happy to answer questions.



Safety

With new mobility:

- Gate stairs
- Watch water closely
- Secure furniture
- Lock cabinets
- Keep hazards out of reach



Play & Learning

Try these fun activities:

- Simple puzzles
- Stacking blocks
- Naming objects
- Reading books
- Songs and movement
- Pretend play
- Outdoor exploration
- Minimize screen time at this age; real-world interaction is best for learning.



Upcoming 15 Month Visit

We often discuss:

- Continued milestones
- Sleep changes
- Language growth
- Nutrition habits
- Behavior & boundaries



When To Call Us

- Poor eating or drinking
- Persistent constipation
- Sleep concerns
- Regression in skills
- Delayed mobility concerns
- Anything worrying you