



## Anticipatory Guidance - 12 Month Checkup

### Family

- Make 1:1 time for each child in family
- Maintain consistent family routine

### Development and Behavior

- Discipline constructively using time-out of 1 minute/year of age
- Encourage supervised outdoor play
- Establish consistent limits/rules and consistent consequences
- Limit TV time to 1-2 hours/day
- Praise good behavior
- Promote language using simple words
- Provide age-appropriate toys
- Provide favorite toy for self-soothing during sleep time
- Read books and talk about pictures/story using simple words
- Use distraction or choice of 2 appropriate options to avoid/resolve conflicts

### Nutrition

- Begin weaning from bottle/breast to cup; offer only water in bottle
- No bottle in bed
- Provide nutritious 3 meals and 2 snacks; limit sweets/high-fat foods
- Provide spoon for eating and cup for drinking

### Routine Care

- Establish routine and assist with tooth brushing with soft brush twice a day
- Establish consistent bedtime routine
- Provide nap time daily

### Safety

- Empty all buckets, pools, etc. containing water
- Home safety for fire/carbon monoxide poisoning, stair/window gates, electrical outlet covers, choking hazards, cleaning supplies, and medicines out of reach
- Lock up guns
- Provide safe/quality day care, if needed
- Supervise within arm's length when near water/do not leave alone in bath water
- Use rear-facing car seat in back seat of car until child is at least 2 years old, or reaches the height and weight limit set by the car seat maker