

# WELL-CHILD DIARY

## 12-MONTH CHECKLIST

Congratulations! Your baby is now a year old! It is important to still monitor your child's development. Things to keep in mind during your 12-month well-child visit:



## ASK YOUR DOCTOR:

### QUESTIONS

Which vaccinations will my baby get today?

Should I start putting a pillow or bumpers in my baby's crib?

When should I start my toddler on cow's milk? What kind?

When should I wean my child off the bottle?

How do I make sure my picky toddler is getting the right nutrition?

When should I schedule my toddler's first dental checkup?

Is it okay if my toddler plays with my iphone?

### ABOUT MILESTONES

Cruising (walking while holding onto furniture) or even walking without support

Using a few gestures to get what she needs (such as pointing, showing, reaching and waving)

Using fingers to feed herself

Saying a word or two or even several with meaning (though many don't say a first word before 14 months)

Playing games like peek-a-boo or patty-cake

Banging two objects together, putting objects into a container and then taking them out

## NOTES

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