

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:

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

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?



NOTES:



EAST REGION

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