

Health Information Update (12 Months Old)

INTAKE

How often does your baby breastfeed? _____ Times/day

If you give pumped milk, how many ounces per feeding? _____ Ounces every _____ hours

If formula fed, how many ounces of formula does your baby drink? _____ Ounces every _____ hours

What is the name of formula? _____

Does your baby take a vitamin? Yes No Does mom take a vitamin? Yes No

How many ounces of whole milk does your baby drink/day? _____ Ounces

Does your baby drink from a sippy cup? Yes No

How many meals per day does your child eat? _____ How many snacks per day? _____

How many servings/**DAY** does your child have of: _____ Fruits _____ Veggies _____ Whole Grains

How many servings/**DAY** does your child have of: _____ Cheese/yogurt

How many servings/**WEEK** does your child have of: _____ Meat _____ Beans _____ Nuts _____ Eggs _____ Fish

How many ounces/**DAY** does your child have of: _____ Juice _____ Pop

How often does your child eat sweets? >15 x/wk 8-15x/wk <8x/wk

OUTPUT

How many stools does your baby have per week? _____ What is the consistency? _____

SLEEP

Where does your baby sleep? Parent's room Own room Room with sibling

Do you have a bedtime routine? Yes No Do you read to your child before bed? Yes No

Do you put your child in the crib awake? Yes No Does your baby fall asleep feeding? Yes No

Do you keep a bottle in the crib with your baby? Yes No

Bedtime _____ pm Wake time _____ am

Does your child wake at night? Yes No

What do you usually do when your baby wakes up during the night? _____

How many naps/day does your child take? _____ How long are the naps? _____ hours/nap

SAFETY

Does your child ride in a 5-point harness car seat? Yes No

In the car seat, does your baby face: Forward Backward

CHILDCARE/SCHOOL

Who is with your baby most of the time? Mom Dad Babysitter Family member

If your baby is in daycare, what type? Large commercial Small In-home

BEHAVIOR/DEVELOPMENT

Describe your child's temperament (happy, fussy, calm, etc.) _____

How do you discipline your child when needed? _____

OTHER

How many hours of screen time does your baby watch? _____

How many times per day do you brush your baby's teeth? _____

What is your water source? City Community well Personal well Bottled water

Do you drink the tap water? Yes No

List any medications your child takes: _____

Do you need any medication refills? _____

Concerns? _____

Ages and Stages - 12 Month	Yes	Sometimes	Not Yet
Communication			
1. Does your baby make two similar sounds like "ba-ba", "da-da", or "ga-ga"? (The sounds do not need to mean anything.)			
2. If you ask your baby to, does he play at least one nursery game even if you don't show him the activity yourself (such as "bye-bye", "Peeka-boo", "clap your hands", "So Big")?			
3. Does your baby follow one simple command, such as "Come here", "Give it to me", or "Put it back", without your using gestures?			
4. Does your baby say three words, such as "Mama", "Dada", and "Baba"? (A "word" is a sound or sounds your baby says consistently to mean someone or something.)			
5. When you ask, "Where is the ball (hat, shoe, etc.)?" does your baby look at the object? (Make sure the object is present. Mark "yes" if she knows one object.)			
6. When your baby wants something, does he tell you by pointing to it?			
Gross Motor			
1. When holding onto furniture, does your baby bend down and pick up a toy from the floor and then return to a standing position?			
2. While holding onto furniture, does your baby lower himself with control (without falling or flopping down)?			
3. Does your baby walk beside furniture while holding on with only one hand?			
4. If you hold both hands just to balance your baby, does he take several steps without tripping or falling? (If your baby already walks alone, mark "yes" for this item.)			
5. When you hold one hand just to balance your baby, does she take several steps forward? (If your baby already walks alone, mark "yes" for this item.)			
6. Does your baby stand up in the middle of the floor by himself and take several steps forward?			
Fine Motor			
1. After one or two tries, does your baby pick up a piece of string with her first finger and thumb? (The string may be attached to a toy.)			
2. Does your baby pick up a crumb or Cheerio with the tips of his thumb and a finger? He may rest his arm or hand on the table while doing it.			
3. Does your baby put a small toy down, without dropping it, and then take her hand off the toy?			
4. Without resting her arm or hand on the table, does your baby pick up a crumb or Cheerio with the tips of her thumb and a forefinger?			

5. Does your baby throw a small ball with a forward arm motion? (If he simply drops the ball, mark "not yet" for this item.)			
6. Does your baby help turn the pages of a book? (You may lift a page for him to grasp.)			
Problem Solving			
1. While holding a small toy in each hand, does your baby clap the toys together (like "Pat-a-cake")?			
2. Does your baby poke at or try to get a crumb or Cheerio that is inside a clear bottle (such as a plastic soda-pop bottle or baby bottle)?			
3. After watching you hide a small toy under a piece of paper or cloth, does your baby find it? (Be sure the toy is completely hidden.)			
4. If you put a small toy into a bowl or box, does your baby copy you by putting in a toy, although she may not let go of it? (If she already lets go of the toy into a bowl or box, mark "yes" for this item.)			
5. Does your baby drop two small toys, one after the other, into a container like a bowl or box? (You may show him how to do it.)			
6. After you scribble back and forth on paper with a crayon (or a pencil or pen), does your baby copy you by scribbling? (If she already scribbles on her own, mark "yes" for this item.)			
Personal-Social			
1. When you hold out your hand and ask for her toy, does your baby offer it to you even if she doesn't let go of it? (If she already lets go of the toy into your hand, mark "yes" for this item.)			
2. When you dress your baby, does he push his arm through a sleeve once his arm is started in the hole of the sleeve?			
3. When you hold out your hand and ask for her toy, does your baby let go of it into your hand?			
4. When you dress your baby, does she lift her foot for her shoe, sock, or pant leg?			
5. Does your baby roll or throw a ball back to you so that you can return it to him?			
6. Does your baby play with a doll or stuffed animal by hugging it?			