



# Wellness Visit

12 Month

fhm *Primary Care*

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## A reminder for all parents...

Everyday will be different and that's ok!  
Whether this is your first baby or you've done this many times before, ALL parents need support, reach out for help when you need it!  
If you have questions don't hesitate to call us.



### Support & Self-Care

#### CALL US

- For help if you feel sad, or overwhelmed for more than a few days.
- If you do not feel safe at home.

#### TAKE CARE OF YOURSELF

Take time for yourself for self-care and to recharge. Spend child-free time with your partner and friends.



### Safety

#### CAR SEAT SAFETY

The car seat should be rear-facing in ALL vehicles  
Your baby should never be in a seat with a passenger air bag.

#### SMOKE-FREE

Keep your baby in smoke-free environments.  
Your car and home should be 100% smoke-free.

#### BATH TIME

Always test your baby's bath water and never leave your baby alone in a bath.

#### SAFE SPACE

Keep plastic bags, balloons, and small objects away from your child. Keep baby gates up on all stairs and spaces that are not safe for your child. Be sure all cords are out of reach especially irons, and hot hair tools. Keep medications, and cleaning supplies in a child proof closet or cabinet up high out of reach and sight. Put window guards on windows your child could push on. If you must have a gun in the home store it unloaded and locked in a gun safe. Check to confirm all smoke and carbon monoxide detectors are working and have an escape plan in case of an emergency.



### Caring for Your Child

#### ROUTINES

Your child should have at least one nap a day try for after lunch so it is spaced far enough apart from bedtime. Maintain a bedtime routine that involves reading to your child every night.

#### SAFE SLEEP

A light blanket is OK now.  
But still keep the sleep area free of toys.

#### FEEDING

Have your child eat during family mealtime. Encourage your child to feed them self without help. Let your child decide how much to eat, never force food. Cut solid foods up into very small pieces to avoid choking. Avoid nuts, and popcorn as they are a choking hazard. Use toddler safe utensils, plates, and cups.

#### PLAYTIME

Continue offering colorful and interactive toys  
Help your child as they are learning to stand and walk independently.



### Health & Wellness

#### WASH YOUR HANDS

Wash both yours and your child's hands often to keep everyone safe and healthy.

#### HEALTHY TEETH

Brush your child's teeth twice a day with water only using an infant toothbrush. Phase out use of bottles if you are still using to exclusively sippy cups. If you have dental concerns schedule an appointment with a dentist otherwise plan on booking an appointment by 18 months.