



Checkup Checklist: First Birthday (12 Months Old)

Happy first birthday to your baby! That little bundle you first held is now a budding toddler, soon to take their first steps (if they haven't already). Be sure to share all your proud-parent moments with your pediatrician. Here's what you can expect at the 12-month checkup:

Your 1-Year Old | American Academy of Pediatrics (AAP)



✓ Immunizations

At the 12-month visit, your baby may receive vaccines for measles, mumps and rubella (</English/safety-prevention/immunizations/Pages/Measles-Mumps-Rubella-Vaccines-What-You-Need-to-Know.aspx>)(MMR), Hepatitis A (</English/safety-prevention/immunizations/Pages/Hepatitis-A-Vaccine-What-You-Need-to-Know.aspx>), and Varicella (</English/safety-prevention/immunizations/Pages/Chickenpox-Vaccine-What-You-Need-to-Know.aspx>) (chickenpox). They may also be due for a booster shot for earlier vaccines. If it's flu season, your doctor will also recommend an influenza (</English/health-issues/conditions/chest-lungs/Pages/The-Flu.aspx>) (flu) vaccine.

✓ Screenings

The doctor will check your child for anemia (</English/health-issues/conditions/chronic/Pages/Anemia-and-Your-Child.aspx>) at this visit. Based on your child's risk, they may also test blood lead (</English/safety-prevention/all-around/Pages/Blood-Lead-Levels-in-Children-What-Parents-Need-to-Know.aspx>) level, hearing, vision, and blood pressure. If your child may have been exposed to tuberculosis (</English/health-issues/conditions/chest-lungs/Pages/Tuberculosis.aspx>), they can do a skin test.

✓ Feeding & development

Your pediatrician will measure and weigh your baby to make sure their growth (</English/health-issues/conditions/Glands-Growth-Disorders/Pages/Growth-Charts-By-the-Numbers.aspx>) is on track. They will also observe their development and behavior, and perform a physical exam.

Questions your pediatrician may ask

- Has your baby tried to stand (</English/ages-stages/baby/Pages/Movement-8-to-12-Months.aspx>) or take their first steps without support?
- How is your baby doing with feeding (</English/ages-stages/baby/feeding-nutrition/Pages/Starting-Solid-Foods.aspx>) themselves during meals and snacks?

- If your baby is formula fed, have you started to switch to whole milk (</English/ages-stages/baby/formula-feeding/Pages/Why-Formula-Instead-of-Cows-Milk.aspx>)? [Back to Top](#)

Questions you may have

- Why is the best way to react to a tantrum (</English/family-life/family-dynamics/communication-discipline/Pages/Temper-Tantrums.aspx>)? Are time-outs (</English/family-life/family-dynamics/communication-discipline/Pages/Disciplining-Your-Child.aspx>) OK when my child isn't following directions?
- How can I help my child fall asleep (</English/ages-stages/baby/sleep/Pages/Getting-Your-Baby-to-Sleep.aspx>) at bedtime?
- How can I encourage my child to try (</English/ages-stages/toddler/nutrition/Pages/Picky-Eaters.aspx>) new foods?
- Is it normal for my baby's appetite (</English/ages-stages/toddler/nutrition/Pages/Feeding-and-Nutrition-Your-One-Year-Old.aspx#%3a~%3atext=One%20year%20olds%20need%20about%20one%20day%20to%20the%20next%21>) to change a lot from meal to meal?

? Did you know

By 12 months, your baby's appetite may level off some. This is because they are not growing as quickly as they were during their first year. They may eat a lot at one meal and very little at the next. However, hunger guides them to eat enough over time.

✓ Safety

Questions your pediatrician may ask

- Do you have stair guards and window guards (</English/ages-stages/toddler/Pages/Safety-for-Your-Child-1-to-2-Years.aspx>)? Where is the mattress (</English/safety-prevention/at-home/Pages/Make-Babys-Room-Safe.aspx>) positioned in the crib?
- Do you apply sunscreen (</English/safety-prevention/at-play/Pages/Sun-Safety.aspx>) and put a hat on your child when they play outside?
- Are there swimming pools (</English/safety-prevention/at-play/Pages/Pool-Dangers-Drowning-Prevention-When-Not-Swimming-Time.aspx>) or other potential water dangers near or in your home? Are you thinking about starting your child in a swimming program (</English/safety-prevention/at-play/Pages/swim-lessons.aspx#%3a~%3atext=If%20your%20child%20seems%20ready%2c%20it%27s%20a%20good%2cin%20swim%20lessons%20can%20master%20the%20front%20crawl>)?

Questions you may have

- How long do I need to keep pillows and other soft objects (</English/ages-stages/baby/sleep/Pages/a-parents-guide-to-safe-sleep.aspx#%3a~%3atext=Keep%20soft%20objects%2c%20loose%20bedding%2c%20or%20any%20objects%2cprducts%20that%20attach%20to%20crib%20slats%20or%20sides>) out of the crib?
- Should I use a baby walker (</English/safety-prevention/at-home/Pages/baby-walkers-a-dangerous-choice.aspx>)?
- Can I put the car safety seat (</English/safety-prevention/on-the-go/Pages/Car-Safety-Seats-Information-for-Families.aspx>) in the front seat of my car?

✓ Communication tips

Never hesitate to call your pediatrician's office with any questions or concerns—even if you know the office is closed. If your pediatrician is unable to see you but believes your baby should be examined, they will advise you on the most appropriate place for your baby to receive care and how quickly your baby should be seen.

More information

[Back to Top](#)

- [AAP Schedule of Well-Child Care Visits \(/English/family-life/health-management/Pages/Well-Child-Care-A-Check-Up-for-Success.aspx\)](#)

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