

Your baby at 12 months

Baby's Name _____

Baby's Age _____

Today's Date _____

Milestones matter! How your baby plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your baby has reached by 12 months. Take this with you and talk with your baby's doctor at every well-child visit about the milestones your baby has reached and what to expect next.



What most babies do by this age:

Social/Emotional Milestones

- ☐ Plays games with you, like pat-a-cake

Language/Communication Milestones

- ☐ Waves "bye-bye"
- ☐ Calls a parent "mama" or "dada" or another special name
- ☐ Understands "no" (pauses briefly or stops when you say it)

Cognitive Milestones (learning, thinking, problem-solving)

- ☐ Puts something in a container, like a block in a cup
- ☐ Looks for things he sees you hide, like a toy under a blanket

Movement/Physical Development Milestones

- ☐ Pulls up to stand
- ☐ Walks, holding on to furniture
- ☐ Drinks from a cup without a lid, as you hold it
- ☐ Picks things up between thumb and pointer finger, like small bits of food

Other important things to share with the doctor...

- What are some things you and your baby do together?
- What are some things your baby likes to do?
- Is there anything your baby does or does not do that concerns you?
- Has your baby lost any skills he/she once had?
- Does your baby have any special healthcare needs or was he/she born prematurely?

You know your baby best. Don't wait. If your baby is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early. Talk with your baby's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:

1. Ask for a referral to a specialist who can evaluate your baby more; and
2. Call your state or territory's early intervention program to find out if your baby can get services to help. Learn more and find the number at [cdc.gov/FindEI](https://www.cdc.gov/FindEI).

For more on how to help your baby, visit [cdc.gov/Concerned](https://www.cdc.gov/Concerned).

**Don't wait.
Acting early can make
a real difference!**



Download CDC's
free Milestone
Tracker app

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN®

The Edinburgh Postnatal Depression Scale

Today's Date: __/__/____ Weeks pregnant: _____ or week postnatal: _____

Surname: _____ Given Name: _____ Total Score: _____

INSTRUCTIONS:

Please select one option for each question that is the closest to how you have felt in the PAST SEVEN DAYS.

1. I have been able to laugh and see the funny side of things:

- ☐ As much as I always could
- ☐ Not quite as much now
- ☐ Definitely not so much now
- ☐ Not at all

2. I have looked forward with enjoyment to things:

- ☐ As much as I ever did
- ☐ Rather less than I used to
- ☐ Definitely less than I used to
- ☐ Hardly at all

3. I have blamed myself unnecessarily when things went wrong:

- ☐ Yes, most of the time
- ☐ Yes, some of the time
- ☐ Not very often
- ☐ No, never

4. I have been anxious or worried for no good reason:

- ☐ No, not at all
- ☐ Hardly ever
- ☐ Yes, sometimes
- ☐ Yes, very often

5. I have felt scared or panicky for no very good reason:

- ☐ Yes, quite a lot
- ☐ Yes, sometimes
- ☐ No, not much
- ☐ No, not at all

6. Things have been getting on top of me:

- ☐ Yes, most of the time I haven't been able to cope at all
- ☐ Yes, sometimes I haven't been coping as well as usual
- ☐ No, most of the time I have coped quite well
- ☐ No, I have been coping as well as ever

7. I have been so unhappy that I have had difficulty sleeping:

- ☐ Yes, most of the time
- ☐ Yes, sometimes
- ☐ Not very often
- ☐ No, not at all

8. I have felt sad or miserable:

- ☐ Yes, most of the time
- ☐ Yes, quite often
- ☐ Not very often
- ☐ No, not at all

9. I have been so unhappy that I have been crying:

- ☐ Yes, most of the time
- ☐ Yes, quite often
- ☐ Only occasionally
- ☐ No, never

10. The thought of harming myself has occurred to me:

- ☐ Yes, quite often
- ☐ Sometimes
- ☐ Hardly ever
- ☐ Never

Comments:

NB: If you have had
ANY thoughts of
harming yourself,
please tell your GP or
your midwife today.



**Black Dog
Institute**

* Murray and Cox 1990 * Cox, Holden & Sagovsky 1987

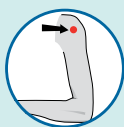
This document may be freely downloaded and distributed on condition no change is made to the content. The information in this document is not intended as a substitute for professional medical advice, diagnosis or treatment. Not to be used for commercial purposes and not to be hosted electronically outside of the Black Dog Institute website. www.blackdoginstitute.org.au

Following vaccination— what to expect and what to do

All vaccinations may cause the following reactions:



Mild fever that doesn't
last long <38.5°C



Where the needle was given:
Sore, red, burning, itching or
swelling for 1–2 days and/or
small, hard lump for a few weeks



Grizzly, unsettled,
unhappy and sleepy



Teenagers/adults fainting
and muscle aches

SEE BACK PAGE FOR ADDITIONAL COMMON REACTIONS SPECIFIC TO EACH VACCINE

What to do at home:



If baby/child is hot don't have
too many clothes or blankets on



Breast feed more frequently
and/or give extra fluids



Put a cold wet cloth on the
injection site if it is sore



For fever or pain
give paracetamol. Follow
instructions on the packaging

When to seek medical advice:

**See your doctor or
immunisation provider,
or go to hospital if:**



Pain and fever are not relieved
by paracetamol (eg. Panadol®)



The reactions are bad, not going
away or getting worse or if you
are worried at all



Any of the rare reactions
below are experienced

How to report an adverse reaction:

Significant events that occur following immunisation should be reported to your doctor or vaccination provider. Alternatively you can report directly to the Therapeutic Goods Administration (www.tga.com.au) or by phone to a pharmacist from NPS Medicinewise on **1300 134 237**.

You can also report adverse events following immunisation to your state or territory health services.



Rare reactions requiring immediate medical attention

As with any medication, on rare occasions, an individual may experience a severe reaction. Seek medical attention if any of the below are experienced and inform of recent vaccination.

Anaphylaxis

- A severe allergic reaction which occurs suddenly, usually within 15 minutes, however anaphylaxis can occur within hours of vaccine administration. Early signs of anaphylaxis include: redness and/or itching of the skin, swelling (hives), breathing difficulties, persistent cough, hoarse voice and a sense of distress.

Intussusception (relates to rotavirus vaccine)

- This is an uncommon form of bowel obstruction where one segment of the bowel slides into the next, much like the pieces of a telescope.

- There is a very small risk of this occurring in a baby in the first week after receiving the first dose of rotavirus vaccine, and a smaller risk after the second vaccine dose.
- The baby has bouts of crying, looks pale, gets very irritable and pulls the legs up to the abdomen because of pain.

Seizure

- Some young children (especially aged 1–3 years) are more prone to seizures when experiencing a high fever from any source (with an infection or after a vaccine). The seizure usually lasts approximately 20 seconds and very rarely more than 2 minutes.

Rash (relates to shingles vaccine Zostavax®)

- Very rarely a generalised chickenpox-like rash following Zostavax® vaccination may occur around 2–4 weeks after vaccination, which may be associated with fever and feeling unwell. This rash may be a sign of a serious reaction to the virus in the vaccine.

Where can I get more information?

Contact your immunisation provider

Visit health.gov.au/immunisation

Contact your state or territory health service

Practice contact details:

Vaccines given on ____ / ____ / **20**____ **Time given:** _____ (Please wait a minimum of 15 minutes after immunisation)

Indicate injection sites by circling appropriate box: **LA**= Left Arm, **RA**= Right Arm, **LL**= Left Leg, **RL**= Right Leg

Hepatitis B vaccine (H-B-Vax® II Paediatric or Engerix® B Paediatric)	Diphtheria, tetanus, whooping cough, hepatitis B, polio, Haemophilus influenzae type b vaccine (Infanrix® hexa or Vaxelis®)	Pneumococcal vaccine (Prevenar 13®)	Rotavirus vaccine (Rotarix®)
See 'Common reactions'	See 'Common reactions'	See 'Common reactions'	- See 'Common reactions' - Vaccine virus can be shed in poo, particularly after the first dose. Handwashing is important after every nappy change. - Intussusception – see 'rare reactions'
LL RL LA RA	LL RL LA RA	LL RL LA RA	BY MOUTH
Meningococcal B vaccine (Bexsero®)	Meningococcal ACWY vaccine (Nimenrix®)	Measles, mumps, rubella vaccine (MMRII® or Priorix®)	Hepatitis A vaccine (Vaqta® Paediatric)
- See 'Common reactions' - Fever (>38.5°C) is common in young children receiving this vaccine. Paracetamol will reduce the likelihood of fever. For children less than 2 years of age, a dose of paracetamol is recommended 30 minutes before vaccination or as soon as possible afterwards. Followed by two more doses 6 hours apart even if there is no fever.	See 'Common reactions'	- See 'Common reactions' - Reactions that may be present 7 to 10 days after vaccination: - fever over 39°C - rash (not infectious) - head cold, runny nose, cough, puffy eyes - swelling in the neck /under the chin.	- See 'Common reactions' - Rash
LL RL LA RA	LL RL LA RA	LL RL LA RA	LL RL LA RA
Haemophilus influenzae type b vaccine (ActHIB®)	Measles, mumps, rubella, chickenpox vaccine (Priorix-Tetra® or ProQuad®)	Diphtheria, tetanus, whooping cough vaccine Children (Infanrix® or Tripacel®) Adults and adolescents (Boostrix® or Adacel®)	Diphtheria, tetanus, whooping cough, polio vaccine (Infanrix® IPV or Quadracel®)
See 'Common reactions'	- See 'Common reactions' - Reactions that may be present 7 to 10 days after vaccination: - fever over 39°C - rash (not infectious) - head cold, runny nose, cough, puffy eyes - swelling in the neck /under the chin. - Reactions 5–26 days after vaccination: - mild chickenpox like rash (may be infectious, seek medical advice).	- See 'Common reactions' - Very rarely, large injection site reactions (>50 mm) including limb swelling may occur (with the 4th or 5th dose of a tetanus-containing vaccine in children). These reactions usually start within 24–72 hours after vaccination, and resolve spontaneously within 3–5 days. If this reaction extends beyond one or both joints, seek medical advice.	- See 'Common reactions' - Large injection site reaction of redness and swelling from the shoulder to the elbow. If this reaction extends beyond one or both joints, seek medical advice.
LL RL LA RA	LL RL LA RA	LL RL LA RA	LA RA
Pneumococcal vaccine (Pneumovax 23®)	Human papillomavirus (HPV) vaccine (Gardasil®9)	Shingles vaccine (Zostavax®)	Influenza vaccine
- See 'Common reactions' - Large injection site reaction with redness and swelling, more common after the second or subsequent dose of this vaccine.	- See 'Common reactions' - Mild headache - Mild nausea	- See 'Common reactions' - Reactions 2–4 weeks after vaccination: generalised chickenpox like rash – seek immediate medical attention and inform of recent vaccination. – see 'rare reactions'	See 'Common reactions'
LA RA	LA RA	LA RA	LL RL LA RA

Help your baby learn and grow

As your baby's first teacher, you can help his or her learning and brain development. Try these simple tips and activities in a safe way. Talk with your baby's doctor and teachers if you have questions or for more ideas on how to help your baby's development.



- Teach your baby “wanted behaviors.” Show her what to do and use positive words or give her hugs and kisses when she does it. For example, if she pulls your pet’s tail, teach her how to pet gently and give her a hug when she does it.
- Talk or sing to your baby about what you’re doing. For example, “Mommy is washing your hands” or sing, “This is the way we wash our hands.”
- Build on what your baby tries to say. If he says “ta,” say “Yes, a truck,” or if he says “truck,” say “Yes, that’s a big, blue truck.”
- Redirect your baby quickly and consistently by giving her a toy or moving her if she is getting into things you don’t want her to get into. Save “no” for behaviors that are dangerous. When you say “no,” say it firmly. Do not spank, yell, or give her long explanations.
- Give your baby safe places to explore. Baby-proof your home. For example, move sharp or breakable things out of reach. Lock away medicines, chemicals, and cleaning products. Save the Poison Help Line number, 800-222-1222, in all phones.
- Respond with words when your baby points. Babies point to ask for things. For example, say “You want the cup? Here is the cup. It’s your cup.” If he tries to say “cup,” celebrate his attempt.
- Point to interesting things you see, such as a truck, bus, or animals. This will help your baby pay attention to what others are “showing” him through pointing.
- Limit screen time (TV, tablets, phones, etc.) to video calling with loved ones. Screen time is not recommended for children younger than 2 years of age. Babies learn by talking, playing, and interacting with others.
- Give your baby water, breast milk, or plain milk. You don’t need to give your baby juice, but if you do, give 4 ounces or less a day of 100% fruit juice. Do not give your baby other sugary beverages, such as fruit drinks, soda, sports drinks, or flavored milks.
- Help your baby get used to foods with different tastes and textures. Foods can be smooth, mashed, or finely chopped. Your baby might not like every food on the first try. Give your baby a chance to try foods again and again.
- Give your baby time to get to know a new caregiver. Bring a favorite toy, stuffed animal, or blanket to help comfort your baby.
- Give your baby pots and pans or a small musical instrument like a drum or cymbals. Encourage your baby to make noise.

To see more tips and activities download CDC’s Milestone Tracker app.

This milestone checklist is not a substitute for a standardized, validated developmental screening tool. These developmental milestones show what most children (75% or more) can do by each age. Subject matter experts selected these milestones based on available data and expert consensus.

www.cdc.gov/ActEarly | 1-800-CDC-INFO (1-800-232-4636)



Download CDC's
free Milestone
Tracker app



Learn the Signs. Act Early.