



West Virginia HealthCheck

12 Month Visit

What to Expect at the 12 Month Visit

Happy Birthday!

Your toddler has celebrated, or will soon celebrate, his or her first birthday.

At the 12 month visit, your provider will focus on your toddler's increasing independence and significant increase in activity level. Some questions your provider may ask include:

How is your family adapting to your toddler?

Tell me how your toddler likes to play?

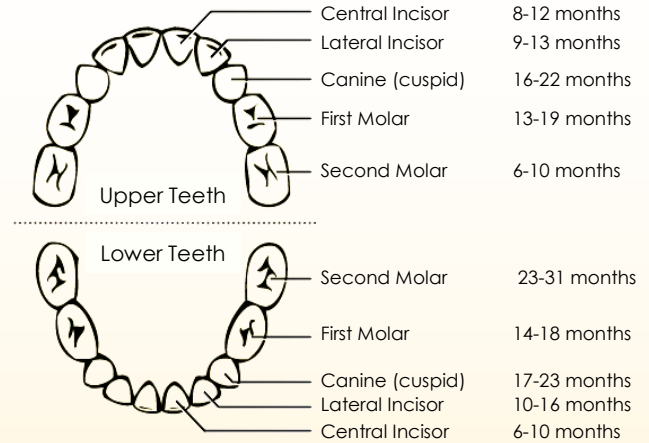
How does your toddler communicate?

- Your toddler's length and weight with **head circumference** will be measured
- Your toddler will have a complete head-to-toe physical examination.
- Your provider will order lab tests for **anemia** and **lead exposure**. It is important to have these tests done right away so that your provider can review the results with you at the next scheduled visit.
- Your provider will ask questions about **tuberculosis** risk.
- Your toddler will receive one or more immunizations.
- Your provider will talk with you about early oral health care and establishing a dental home.
- Throughout the visit, you will have opportunities to talk with your provider about questions and concerns you may have about your toddler. In addition, your provider will give you information on discipline, safety and early oral health care.

Preventive Care Tips: Early Oral Health Care

As seen from the chart, the first teeth begin to break through the gums (erupt) at about 6 months, however, this varies from child to child.

As soon as the teeth begin to appear, start brushing twice daily using fluoridated toothpaste and a soft, age-appropriate sized toothbrush. Use a "smear" of toothpaste to brush the teeth of a child less than 2 years of age.



By the age of 1 all children should have a well care visit to a dentist. This visit will establish a dental home for your toddler.

The dentist will assess your toddler's risk for future dental problems and learn about any **genetic predictors** that may affect your toddler's dental health. Dentists also educate parents and caregivers on proper oral health care and warn them about some dangerous practices such as allowing a child to fall asleep with a bottle filled with juice

It is very important that primary (baby) teeth are kept in place until they are lost naturally. These teeth serve a number of critical functions. Primary teeth:

- Maintain good nutrition by permitting your toddler to chew properly.
- Are involved in speech development.
- Help the permanent teeth by saving space for them. A healthy smile can help children feel good about the way they look to others.

For more information about early oral health care: www.aapd.org . To find a dentist for your toddler contact the WV Dental Association at (304) 344-5246.

What To Expect At The 15 Month Visit

- Your provider will talk with you about your toddler's continued development and what to expect over the next three months.
- Your toddler may receive one or more immunizations.

West Virginia HealthCheck Program
1-800-642-9704

www.dhhr.wv.gov/healthcheck

Transportation Assistance
Contact MTM to schedule a ride
1-844-549-8353

www.mtm-inc.net/west-virginia