



12 month visit



Happy Birthday to your child! It is amazing how much your child has learned this year.

Allow your child to feed themselves at the table even though it is messy.

Be a positive role model by trying new foods and eating them with your child.

Allow your child to feed themselves at the table even though it is messy. This helps with learning and development.



Eating Well

It is time to start giving whole cow's milk in a cup, offer 4 oz at a time with meals and before bed. All drinks should be served in a cup instead of a bottle. Serve milk with meals and water between meals.

It takes time to get used to new foods; offer new foods more than 10-15 times before thinking the child does not like it. This will help later down the road so they are less picky as they grow.

Remember not to bribe your child with food or use food as comfort or reward.

Offer 3 meals and 2-3 snacks spaced evenly over the day. Snacks are an important part of your child's planned meal routine.

Feed at regular times in a designated place; do not give your child snacks to keep them quiet in the car or at appointments.

Do not force your child to eat, trust them to know how much they need.

Enjoy meals together at a table without TV or other electronic devices.

Children who eat with their family are less likely to be overweight, eat fewer fried foods, drink less soda, eat more fruits and vegetables, get better grades and are less likely to be involved in drugs and alcohol as teenagers.

Brush your child's teeth with a small soft toothbrush with a smear of fluorinated toothpaste twice daily.

Sugary drinks such as soda pop, sports drinks and punch can lead to cavities and weight gain. Your child does not need juice it increases risk of obesity and tooth decay.

Foods to avoid:

Sugar sweetened beverages like soft drinks, fruit punch, juice or Kool-aid™.

Bacon, hot dogs, bologna, sausage, fast foods, fried foods, French fries.

Cookies, candy, cakes, chips.

Popcorn, whole grapes, whole nuts (Choking hazard- cut or chop until 4 years of age).

Honey until 1 year of age.



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Offer 3 healthy meals and 2-3 healthy snacks at about the same time each day!

Dairy: 2 cups a day.

1 cup = 1 cup milk or Other Dairy: 1 cup yogurt and 1½ ounces of cheese.

Vegetables: 1 cup total.

Fresh, frozen, or canned vegetables throughout the day.

Fruits: 1 cup total.

Fresh, frozen, or no sugar added canned throughout the day.

Whole Grains:

2 ounces a day.

Bread, cereal, rice and pasta.

1 ounce = 1 slice of bread,

½ bun or mini bagel,

1 cup dried cereal,

½ cup cooked cereal, rice or pasta.

Protein: 1.5 ounces a day.

Meat, poultry, fish, eggs, beans and nuts.

1 ounce = 1 ounce of meat,

poultry or fish, 1 egg, ¼ cup

cooked beans (pinto, kidney, black,

lima, etc.), 1 tablespoon peanut

butter or ½ ounce of chopped nuts

and seeds.



Eating Well CONTINUED

Sample Meal Pattern

BREAKFAST: 1 ounce Grain;
½ cup Milk;
½ ounce Protein

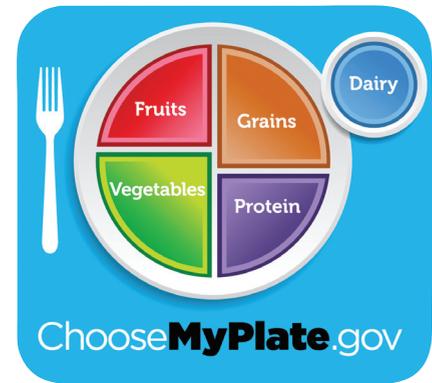
SNACK: ½ cup Fruit

LUNCH: ½ cup Vegetable;
½ ounce Protein;
½ cup Milk

SNACK: ½ cup Fruit

DINNER: 1 ounce Grain;
½ cup Vegetable;
½ ounce Protein;
½ cup Milk

SNACK: ½ cup Other Dairy



Be Active

Your child loves their new found movement. Since walking is common at this age, they are exploring their surroundings at a faster pace.

Encourage your child to move every hour. Be active with them. Go for family walks, bike rides, dance and play. Blow bubbles and let your child chase them.

Children enjoy shape sorters, dumping water or sand from one container to another, lifting and carrying balls or other objects.

Do not put a TV in your child's bedroom.

Screen time (computer, cell phone, electronic games, TV) is not recommended under age 2.

Join a playgroup or parenting class.

Sleep

Your child should sleep 12-14 hours in a 24 hour period, including naps of one to three hours.

TV or videos before bed may make it harder for your child to fall asleep.

Have a regular day and night time sleep schedule. At this age, consistent bedtimes should be established.

Allow your child to sleep with a blanket or stuffed animal to feel more secure.