My Toddler at 12 months

Happy Birthday!
You and your baby have come a long way in the past year! There are many more changes to look forward to in the months ahead.

Watch me grow! I can . . .
- Gain 3-5 ounces per week!
- Grow about 1/2 inch each month.

What I need . . .
- To be offered healthy foods at snack and meal times.
- 16-24 ounces of whole milk per day.
- Limited juice—1/2 cup a few times a week.
- 4-6 tablespoons of soft or finely chopped fruits and/or vegetables a day.
- 2 tablespoons of protein foods (eggs, cheese, meat) per day.
- 4 small servings of toast, crackers, noodles or potatoes daily.
- To practice eating with a spoon by eating mashed foods like potatoes, applesauce, bananas from a bowl. (Be prepared, I will make a mess.)

Show me love by . . .
- Allowing me opportunities to practice new movements in a safe place.
- Playing games with me!
- Praising me.
- Holding and cuddling me.
- Talking to me.
- Reading books to me.
- Telling me the names of pictures, colors, shapes, animals, body parts, etc.
- Give me toys to roll, push, pull, hug, shake, poke, turn, stack, spin and stir.
- Distracting or moving me to another area if my behavior is harmful. (Remember it’s your job to keep me safe and out of dangerous places).

Don’t forget . . . I can
- Switch from formula to whole milk.
- Eat table foods.
- Start experimenting with a spoon.
- Nap 1-2 times a day and have long periods of sleep at night.
- My appetite may decrease because my growth starts to slow down and I’m too busy exploring!
- Say “goodbye” to bottles.
- Enjoy meals and snacks with the family.

Keep me safe . . .
- Protect me from hot liquids; turn pan handles toward the center of the stove.
- Keep cleaners and medicines out of my reach.
- Post the Poison Center number by the phone (cut it out from the back of this newsletter).
- Check weight limitations on my car seat.

You can take care of my oral health by...
- Cleaning my teeth after meals and before bed with a soft toothbrush.
- Limiting sippy cups of juice or milk between meals.
- Checking for my one-year molars—they may start to appear soon!
- Calling my dentist to schedule my first exam. If you have Medicaid, Healthy Kids, Delta Dental, or MIChild, you may receive services at Dental Clinics North. Call 1-877-321-7070 for more information.

(231) 995-6112

www.gtchd.org
Exploring my world . . . I can

- Walk with help.
- Say one to three words like my name or “bye-bye.”
- Repeat words.
- Play with others.
- Imitate others, for example, clap when you clap.
- Develop feelings about myself and show them.

Hey! CHECK ME OUT!

Have you seen me . . .

- Drink from a regular cup
- Play with a ball
- Say 1-3 words
- Stand alone
- Take steps
- Imitate activities (like talking on the phone)

The Path to Reading...

You can:

- **Ask** questions when you read. Ask, “Where’s the ball?” or “What does the dog say?” Soon your child will be pointing to the ball and making a “woof woof” sound for the dog. This will help him learn more words.
- **Play peek-a-book.** Hide objects by covering them or moving them out of sight. Ask, “Where’s the doll?” This will help your child learn the names of things.

Book Corner: One year-olds love looking at pictures of themselves, family members, and other children. Put photos in a small picture album and keep it along with your child’s other books. Your child will love looking at it.

Check out these websites for FREE info!

- WIC Website for Feeding Information
  www.wichealth.org

- Your Child—General Health information:
  http://www.med.umich.edu/yourchild/index.htm

Find us on Facebook!
@GTHealthDept

Follow us on Twitter!
@GTCHD

POISON CONTROL
Available 24 hours a day 7 days a week
1-800-222-1222

2600 LaFranier
Traverse City, MI  49686
(231) 995-6112

This institution is an equal opportunity provider and employer.

Check out www.gtchd.org/1973 for additional resources for moms, dads, and babies.