

Parent Express

A GUIDE FOR YOU AND YOUR BABY



TOPIC

12 months old

Dear parent,

Congratulations! You have made it through a whole year.

Both you and your baby have come a long way. You've helped your baby grow into someone who can sit, stand, and reach for things, as well as someone who can think, feel, understand you, and maybe even say a few words.

Look back with pride on the past year and give yourself a well-deserved pat on the back. At times it was hard, but you managed. From now on, your baby will be growing and learning at an amazing rate. You can look forward to the coming years, confident that you will help them develop into a responsible human being.

What it's like to be 12 months old

How I grow

- I may walk, but I still prefer to crawl – it's faster!
- I may try to do other things while I'm walking, such as wave at you or pick up my favorite blanket.
- I stand by pushing up from a squatting position.



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Disabilities
accommodated
with prior notification.

- I climb up and down stairs if I have the chance.
- I may even be able to climb out of a playpen or crib.
- I use my hands to remove lids from jars.
- I hold things with one hand while I'm doing something else with the other hand.
- I use my index finger to point to things.
- I try to dress or undress myself, but I'm not good at it yet.
- I insist on feeding myself.

How I talk

- I repeat words I know – it's good practice.
- I babble in phrases that sound like short sentences.
- I make up my own words to describe objects or people.

How I respond

- I trust people I know well.
- I imitate people even if they are not around.
- I am still afraid of strangers and unfamiliar places.
- I am definite about my likes and dislikes.

How I understand

- I remember more because my memory is getting sharper.
- I hunt for a toy, and even if I don't find it right away, I can remember where I saw it last.
- I keep trying to do something and may even solve the problem through trial and error.
- I follow simple directions and understand most things you say to me.
- I have favorites among people and toys.

How I feel

- I feel great that I have a personality all my own.
- I'm developing a sense of humor and think a lot of things are funny.
- I still don't like being separated from you and am relieved when you return.
- I feel secure and happy eating meals with my family.
- I feel and show love and affection to my favorite people and things.

Looking back

You have many memories of your baby's first year – the times you stayed up all night, thought the crying would never stop, or saw your baby smile and laugh. Do you remember when your baby made their first sounds besides crying, held their first toy, used a spoon the first time, or took their first steps?

You could go on and on reliving the memories, some happy and some not so happy. But now you and your baby are ready to move on to the second year. The two of you have many more firsts to look forward to, including first walking steps taken alone, first words read out of a book, and the first day at school.

It often is easy to forget the things that work well in the process of raising a child. Here are a few thoughts to keep in mind:

- You are your baby's first teacher. Teach the things you think are important in life.
 - Your baby's brain is developing more rapidly now than at any other time in their life. Feed it well by playing, talking, and reading with them.
 - Follow your common sense when you have a problem. Do what you feel is best.
 - Take some time out for yourself – your needs are important, too.
- Your role as a parent has not ended. For your baby, life has barely started. They are just beginning to learn about the world around them. There will be many new adventures to share through the years.

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What, when, and how much to feed your baby

The transition from infant to toddler continues to be an important time for shaping your baby's eating habits. Offering healthy foods now will support them in enjoying healthy foods as they gets older. This is also a time to encourage and support more independence in eating and drinking. If you haven't already, begin transitioning from bottles to cups,





encourage your baby to feed themselves with fingers or spoons, and include them in family meals.

Most children will need three meals and two to three snacks each day. You may notice your baby eats a lot at one meal or snack and then very little at other meals or snacks. Don't worry, this is your baby's way of self-regulating their energy intake. Self-regulation is an important skill for your baby that you can support by paying attention and responding to cues for hunger and fullness. At this age, signs your baby might be hungry include reaching for or pointing to food, getting excited when food is offered, or expressing desire for a specific food with words or sounds. Crying is a sign of distress that you could prevent by paying attention to these earlier cues of hunger. Signs your baby might be full include pushing food away, clenching their mouth shut, slowing down with eating, or shaking their head or saying "no." You also want to avoid using food to soothe, reward, or punish your baby. This will keep your baby from linking food to certain behaviors instead of their internal cues for hunger or fullness.

What should my baby drink?

Once your baby turns 12 months, you can introduce cow's milk. Plain, pasteurized whole milk has nutrients like protein, calcium, and vitamin D that support your growing baby. If you are still

breastfeeding, you can continue to breastfeed as long as you and your baby wish. Your breastmilk will continue to change to support your baby's nutritional needs and be an important source of nutrition along with solid foods. Your baby should also drink plain water. Children between 12 and 24 months should drink 1 to 4 cups of water each day.

Drinks to limit and avoid

Children between 12 and 24 months do not need to drink juice. Instead of juice, offer your baby fresh, canned, or frozen fruits that do not have added sugars. Whole fruit is more nutritious, healthier for your baby's teeth, and provides opportunities for your baby to practice feeding themselves. If you choose to offer juice, make sure it is 100% juice and limit it to half a cup per day.

Avoid giving your baby flavored milks, soda, fruit drinks, sports drinks, tea or coffee drinks, and energy drinks. These drinks lack nutrients to support your baby's growth and the added sugars can lead to cavities in your baby's new teeth.

What should my baby eat?

Now is an important time to expose your baby to a variety of colors, flavors, and textures of food. It is normal to feel frustrated if your baby seems to be playing with food or not interested in eating something. First, remember, your baby needs and will



eat a much smaller amount than what you eat. Also, many babies and toddlers must be exposed to foods as many as 15 to 20 times before they will accept them. This includes exploring the smell, look, and feel of food in their mouth. They may try a bite and spit it out. Don't give up, keep offering healthy foods.

Routines are important for children, and the same applies to meals and snacks. Your role is to provide a variety of healthy foods and drinks. Your baby's role is to decide how much to eat. It is

also important to sit down and eat the same foods as your baby. Seeing you eat healthy foods will encourage them to do the same and it gives you time to connect. To create healthy meals for your baby (and you), choose foods from at least three food groups. For healthy snacks, choose foods from at least two food groups. Vegetables or fruits are great choices for any meal or snack. The chart below can provide guidance and ideas for what types of foods and how much to offer your baby each day.

Food group	Recommended daily amounts	What counts as a cup or ounce?	Appropriate portion sizes at meals and snacks	Types of foods to offer
Vegetables	1 to 1 ½ cups	1 cup of raw, canned or cooked vegetables	¼ to ½ cup	A variety of colors, flavors, and textures
Fruits	1 to 1 ½ cups	1 cup of raw, canned or cooked fruit	¼ to ½ cup	Offer whole fruits instead of juice
Grains	3 to 4 ounces	1 slice of bread, 1 cup of cold cereal, ½ cup of cooked cereal, rice, or pasta	½ ounce	Make at least half of the grains whole grains, including whole-grain bread, cereal, pasta, or rice.
Protein	2 to 3 ounces	¼ cup cooked beans, 1 egg, or 1 ounce of cooked fish, poultry or meat	2 tablespoons beans, ½ egg, ½ ounce fish, or lean meat	A variety of plant and animal sources of protein, including beans, lentils, eggs, fish, chicken, turkey, and lean meat.
Dairy	2 to 2 ½ cups	1 cup of milk or yogurt, 1 ½ ounces natural cheese, or 2 ounces processed cheese	½ cup milk or yogurt ¾ to 1 ounce cheese	Whole-fat milk, yogurt, or cheese



Games babies play

Pull the right string: using a tool game

Purpose: This game helps your baby learn to use objects as tools to get what they want.

How to Play:

- Hold your baby in a sitting position on your lap facing a flat surface such as a tabletop.
- While they are watching, tie one end of a piece of string around a favorite toy.
- Place the toy out of reach and say, "Get the toy."
- Your baby will learn to pull the string to get the toy.

Another using a tool game

- Place the toy on the string out of reach again.
- Place two more strings alongside the string with the toy attached.
- Your baby will learn to pull the string with the toy attached.

Simple toys for 1-year-olds

Toys for this age group don't have to be expensive to provide fun and varied opportunities for learning. Unbreakable household objects often provide interesting play. You can buy other items for modest prices. Here are some suggestions:

- Plastic and metal measuring cups and spoons of varying sizes for nesting
- Metal or lightweight plastic bowls
- Milk or juice cartons of different sizes stuffed tightly with newspapers then sealed shut with heavy-duty sealing tape for infants to stack like blocks
- Plastic cups and buckets or other unbreakable containers
- "Busy boxes" - rectangular plastic boxes containing play items for little fingers to push, pull, turn, twist, feel, etc. Be sure all parts work properly and are free of rough edges.
- Unbreakable hand mirrors
- Push-and-pull toys
- Lightweight balls of all sizes, but no smaller than a tennis ball
- Soft dolls, stuffed animals, and puppets that are washable and have no detachable parts that could come off and choke your baby if put in their mouth
- Toy telephones. Two are good so the two of you can pretend to have conversations.

- Cardboard books with bright, colorful, familiar pictures. Nursery rhymes and simple songbooks are also good.
- Musical toys

What little boys and little girls are made of

Parents sometimes treat boys and girls differently and react differently toward them. They might give toy trucks to boys and dolls to girls. They may get upset if a boy picks up a doll and starts playing with it because they think a doll is a girl's toy. The same thing may happen when a girl plays with a toy truck or car.

Although your child is still a baby, it's not too early to consider your own attitudes about gender roles. Now is a good time to evaluate the messages you want to give about what little boys and little girls are made of.

Here are some questions to help you sort out your attitudes:

- Do I hold back from hugging my son just because he is a boy?
- Do I use a different tone of voice for my daughter than I would for a son, even though tenderness is comforting for both sexes?
- Do I expect certain types of behavior from my child because of his or her sex? For example, leadership and strength from a son; gentleness and softness from a daughter?

Allowing children to express themselves freely regardless of their sex will help them grow into healthy, capable, and confident individuals.

Building self-confidence

Being a parent can sometimes tax your patience as well as your confidence in your ability to cope with daily problems. At times, you may feel comfortable and self-confident. At other times, you may feel uncertain and fearful about your decisions.

We all strive to feel comfortable and good about ourselves. Self-confidence is measured by the way we feel and behave. To bolster your self-confidence:

- Examine and determine what you want out of life – not what other people want for you or want you to do.



- Don't put yourself down. Instead of saying, "I can't do it," say, "I am going to try to do it."
- Live your life from this moment on. Don't become discouraged by past mistakes.
- Trust your decisions. You are the best judge of what works well for you.

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