

12 MONTHS – Happy 1st Birthday!



Happy Birthday to Your Baby!

As your baby turns one, we wanted to just take a moment to give you a pat on the back. You've changed countless diapers and lost so much sleep in the past year. You've most likely had more gooey kisses and toothless smiles than you can count too. It's probably been the longest year of your life, and also gone by in the blink of an eye. Your life has changed so much. Being a parent is such a hard and important job. Peterborough Public Health salutes you!

This month, we'll be talking about immunizations, checking in about what your baby is eating, and giving some information about car seats. But first, let's check-in about development!

You are your baby's first teacher

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." There are lots more tips available on the [CDC Milestones](#) website, or in the [app](#). This resource also has a list of milestones for 1-year olds, including **picture and video examples**. Here are some of the milestones listed:

By 1 year of age, does your baby:

- Play games with you, like pat-a-cake?
- Wave "bye-bye"?
- Call a parent "mama" or "dada" or another special name?
- Understand "no" (pauses briefly or stops when you say it)?
- Put something in a container, like a block in a cup?
- Look for things he sees you hide, like a toy under a blanket?
- Pull up to stand?
- Walk, holding on to furniture?
- Drink from a cup without a lid, as you hold it?
- Pick things up between thumb and pointer finger, like small bits of food?

If you have any concerns about your child's development, contact your healthcare provider. You can also contact the [SmartStart Hub at Five Counties Children's Centre](#) to get connected directly to services. The resources linked to in the CDC website/app are American, so be sure to check out [What's available for families](#) for local resources.

Immunization Alert!

Your child is due for their first immunization for measles, mumps, rubella, as well as a meningococcal and a pneumococcal immunization. Your child will receive three injections (needles) in total at their one year visit.

See here for tips on [Pain Management During Immunizations for Children](#)

Young babies receive immunizations in their leg. Now that your baby is 12 months old, they may start receiving their immunizations in their arm. Some babies are walking now, and we don't want to slow them down by giving them an immunization in the leg!

Don't forget to record your child's immunizations [here](#).



Feeding your Baby at One Year

- Your child should now be eating the same foods (and same textures) as the rest of the family. You can still break up the food to make it easier for them to eat, and to help prevent choking.
- If you are giving your child formula, you do not need to continue beyond one year. “Toddler milks” and “follow-up formula” are not needed or recommended. Give homogenized cow milk (3.25% M.F.).
- Try not to give more than 3 cups (25 ounces or 750 mL) of milk per day to prevent them from filling up on milk. Too much milk can also lead to iron deficiency anemia.
- If using a bottle, continue helping your child learn to drink from a cup. By 18-months they should be using a cup.
- Supplements such as vitamins and minerals are not usually needed. Check with a Registered Dietitian or your health care provider if you are unsure.
- Children grow at different rates and come in different shapes and sizes. If you're worried about your child, talk to your health care provider.



Car Seats

Did you know that Ontario's Highway Traffic Act requires children to use a rear-facing car seat until they weigh at least 9 kg (20 lb) or longer if recommended by the manufacturer?

In fact, the longer your child remains rear-facing, the safer they will be! It's okay if your child's legs touch the back of the seat.

Each car seat is different, so check your manual to learn about its height and weight restrictions. Some car seats can stay rear-facing up to 45 lbs which means some children can stay rear-facing until they are 3 or 4 years of age!

Click to learn more about [car safety and choosing the right seat](#)



Love Builds Brains!

You play an important role in the development of your baby's brain. You are your baby's most important connection to the world.

The Healthy Baby Healthy Brain website has videos that show you what you can do to support your baby's brain development.

[Healthy Baby Healthy Brain](#)

Now that your baby is older, we'll send e-mails less often.
We'll talk to you again when your baby is 15 months old.
Take care!

