

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 complete the Looksee Checklist!

It's time to complete the Looksee Checklist for your 12-month old!

By twelve months of age, does your baby:

- Look at the person saying the baby's name?
- Understand simple requests and questions? ("where is the ball?", "find your shoes")
- Combine sounds together as though talking? ("bada banuh abee")
- Take turns making sounds with you?
- Consistently use three or more words? (words do not have to be clear)
- Hold, bite and chew crackers?
- Get up into sitting position from lying down without help?
- Crawl or "bum" shuffle easily?
- Pull up to stand at furniture?
- Pick up small things using tips of thumb and first finger?
- Take things out of containers? (blocks)
- Show many emotions such as affection, anger, joy or fear?
- Start games with you or show you toys? (peek-a-boo, pat-a-cake)
- Seek comfort? (reach up to be held when upset)
- Use facial expressions, actions, sounds or words to make needs known or to protest?

Follow up with your health care provider if you answered "no" to any of these questions or if you have concerns about your child's development.

If your child was premature, check the website for guidance about which checklist to use.

[Looksee Checklist](#)

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!

