

# Child Care Health Partnership Parent Handout – 12 months

## PARTNERSHIPS

*You are your child's first teacher. Parents will be viewed as partners and treated with respect.*

- Don't forget to update your child's emergency contact list if any of the numbers change.
- Please let your child's caregiver know if you have any questions.

## NUTRITION

- Your child's caregiver will sit with your child during a meal to promote and support social, emotional, and motor development.
- Your child will be encouraged to feed themselves.
- Healthy foods will be provided for meals and snacks. Your child will be allowed to decide what and how much to eat.
- Your child will be given meals and snacks spaced evenly over the day.
- Remember that it can take 10-15 exposures to a new food before a child learns to like it.
- Food will not be used as a reward or punishment.

## Healthy Teeth

- At least once during the day, your child's caregiver will brush your child's teeth.

## PHYSICAL DEVELOPMENT

- A safe environment will be provided for your child to start cruising, pulling up to standing and trying to walk.
- Most children will be walking without support by 14 months.
- Finger foods will be introduced only after you have given permission as your child improves their thumb and forefinger grasp.

## Establishing Routines

- Your child needs a nap during the day. This will be part of their daily schedule.
- Establishing routines when you drop off your child and pick up your child will make these transition times go more smoothly.
- Fear of strangers is normal at this age, respect your child's fears and ask strangers to approach slowly.
- Did you know that the American Academy of Pediatrics recommends not letting children under age 2 watch TV or videos? We follow this and your child will not watch videos or DVDs while in our care.

## Relationships

- Your child will be encouraged to do things independently.
- At this age, children have difficulty sharing.
- Your child will most likely play by themselves or alongside other children.

## GUIDANCE

*Your child needs to know they can depend on their caregivers to set limits. This is so that your child can learn self-control and to keep your child safe.*

- Your child's caregiver will redirect your child to acceptable behavior when they misbehave.
- Rules for your child will be short and simple.
- Rules will be enforced consistently. For instance, your child will not be allowed to climb on the toy shelves.
- By providing a safe place for your child to play and explore, less time will be spent making and enforcing rules.

## Learning through Play

- Every time your child plays something new, they are learning.
- Your child will watch other children to see how they play with toys.
- Your child will imitate older children and their caregivers.

## Literacy

- Gets excited when you show her a book and tries to grab it and taste it.
- Wants to hold onto their books turning them face up and turning several pages at once

## LANGUAGE

*Language progresses from "mama" and "dada" to include sounds that imitate adult speech. Your child will understand more and more and is getting better at making their wants known.*

- Your child may start to sing or mimic songs and music they hear.
- Your child's caregiver will name objects and people and encourage your child to "use their words."
- At this age, your child will use gestures to help you understand the words they cannot say well.
- By reinforcing the word that your child is trying to use, your child's caregiver reinforces language development.

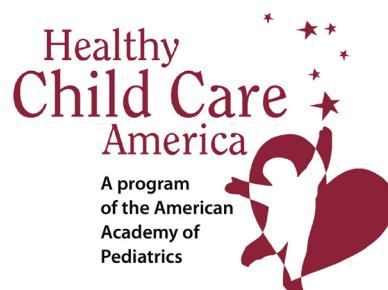


## Healthy Active Living at Home

- Children do well with routines and schedules. Establishing regular meal, snack and sleep times will help you and your child.
- Have your child start eating with the family during mealtime.
- Toddlers do best when they have structured eating times. Feed your toddler three meals a day and offer a morning and afternoon snack.
- Begin weaning your child from bottles by 12 months and completely eliminate them by 18-24 months (the longer you wait, the more difficult this becomes).
- Let your child use a small plate, cup, and even toddler-safe utensils for eating and drinking.
- Healthy habits start early, so be sure to offer your child healthy foods for meals and snacks.
  - Snacks are small meals between bigger meals and should be the same type of food you would give your child at mealtime.
  - Mealtimes and snacks should be at regular times.
  - Continuous feeding or "grazing" should be avoided.
- Let your child decide what and how much to eat. End the feeding when he stops eating.
- Encourage your child to drink water if she is thirsty.
- Limit juice to no more than 4–6 ounces a day. Consider adding water to the juice or offer fresh fruit instead of juice.
- Make sure that everyone who cares for your child gives healthy foods and avoids sweets.
- Families who eat out frequently or pick up take out or fast food are more likely to be overweight.
- Focus on reading together, which is lots of fun and can be integrated with your bedtime routine.
- In the first two years of life, children's brains and bodies are going through critical periods of growth and development. It is important for infants and young children to have positive interactions with people and not sit in front of a screen that takes time away from social interactions. Television viewing for children under the age of 2 is strongly discouraged.

## Questions to Ask Your Child's Pediatrician

- "Do you have any concerns about my child's weight or height?"
- "What foods should/shouldn't my child be eating?"
- "How can I help my child learn?"
- "What should I be doing to take care of my baby's teeth?"



The HCCA campaign continues to be funded through the Child Care and Health Partnership Grant (Grant #U46MC04336) from the Office of Child Care and the Maternal and Child Health Bureau.