

# 12 months old

Child's name \_\_\_\_\_

Length \_\_\_\_\_ Weight \_\_\_\_\_ Date \_\_\_\_\_

Weight for Length percentile \_\_\_\_\_ %

## Food for Thought

*Any feeding concerns?*

*Is your baby eating as you expected?*

*Do you eat together as a family?*

*What foods does your child like to eat?*

*What does your child drink?*

*How well is the bottle weaning going?*

*Is your child allowed to stop eating when he or she is full?*

*Does your child watch TV? If so, how much?*

- Don't force your child to eat. Your child's growth is slowing down, some days your child will eat less than other days.
- **DO NOT** use food as a comfort or reward.

### Drinks ~

- All drinks should be served in a cup and serve milk at meals.
- **If juice is given, it should be 100% fruit juice and no more than 4-6 oz. per day.**
- Water is best if your child is thirsty.
- Avoid sweetened drinks like fruit punch and soft drinks.
- Ask about Vitamin D supplementation. For more information talk to your doctor or healthcare professional.

## Feeding Advice

- May start whole milk\* in a cup. Offer ½ cup (4 oz.) serving at each meal for a total of three to four - ½ cup servings per day.

– OR –

- May continue breastfeeding or offer iron-fortified formula in a cup at each meal.

*\*Talk with your pediatrician or registered dietitian to determine if reduced fat (2%) milk should be used instead of whole milk.*

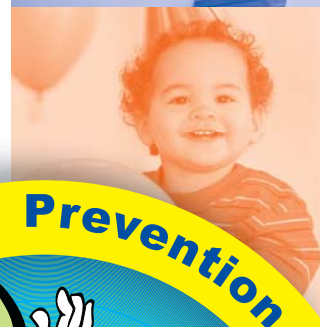
### Table Time Tips ~

- 3 regular meals and 2-3 planned snacks per day.
- Fruits & Vegetables – ½ cup fresh, frozen or canned, 4-6 servings per day.
- Bread, cereal, rice, pasta – ½ slice or ¼ cup, 5-6 servings per day.
- Meat, poultry, fish & eggs – 1 ounce, ¼ cup cooked or 1 egg, 2 servings per day.
- Milk, yogurt – ½ cup; cheese – ½ oz., 3-4 servings per day.
- **Eat together as a family and allow your child to feed themselves.**

## Be Active

- Encourage crawling and walking.
- Play with your child – encourage push toys and enjoy simple ball games.
- Screen time (TV, computer, electronic games) not recommended under age 2.

## Notes:



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