

sixth visit...

12 months

Food for Thought

- Does your child eat with the family?*
- What foods does your child like or dislike?*
- 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?*

Feeding Advice

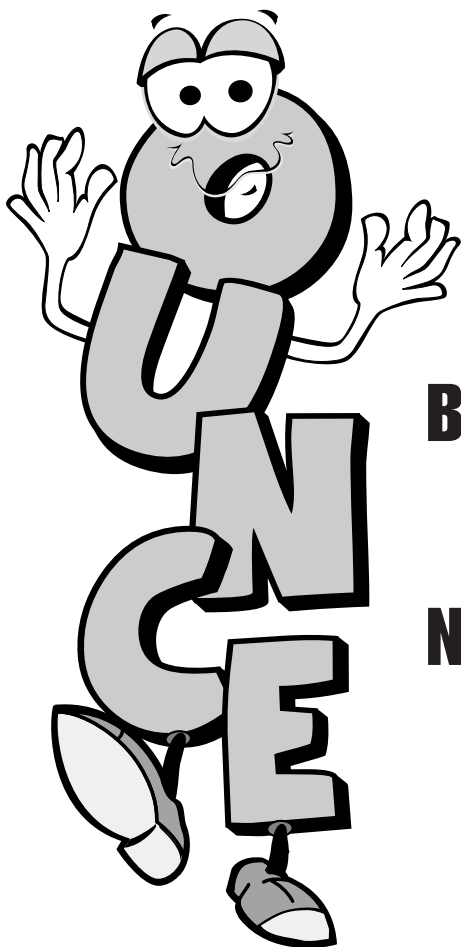
- Switch from breastmilk or formula to whole milk in a cup and offer at each meal.

Table Time Tips ~

- 3 regular meals and 2-3 planned snacks.
- Fruits & Vegetables – 1/2 cup fresh or 1/3 cup canned, 5 servings per day.
- Bread, cereal, rice, pasta – 1/2 slice or 1/4 cup, 6 servings per day.
- Meat, poultry, fish & eggs – 1 T or 1 egg, 2 servings per day.
- Milk, yogurt – 1/2 cup; cheese – 1/2 oz., 3 servings per day.
- Eat together as a family and allow your child to feed themselves.
- Don't force your baby 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.
- If juice is given, it should be 100% fruit juice and no more than 4-6 oz. per day.
- Water is best for extra fluid.



Be Active

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

Notes:

Child's name _____

Height _____ Weight _____ Date _____

Weight for Height percentile _____ %