



Walking & Talking

As your child approaches toddler-hood and their first birthday, they will continue to practice learning to walk by walking along furniture and may possibly let go and try to take a few steps.

They will also start to show understanding of instructions and requests. To help your child understand you better, use gestures with simple words. For example, shake your head when saying "no" or point to their feet while saying "Shoes on".

Healthy Eating & Your Baby

From 9-12 months old, your child will try to use a spoon, will start to finger feed with a better grasp and should be feeding at regular times. Your baby is paying attention to what others do and will imitate others. Help your baby develop these skills by showing them how to use their utensils.

You can also help them improve their fine motor skills by giving them small foods (like Cheerios) and encouraging them to pick them up with their first finger and thumb. Always stay nearby when your baby is eating to ensure they don't choke.

By 12 months of age, your baby should be eating a variety of foods from [Canada's Food Guide](#). Aim to offer your child regular meals and snacks throughout the day (i.e. three meals per day and two to three snacks).



[Our website](#) also has a number of resources to help you every step of your baby's development.

Avoid choking. Your baby may want to feed themselves with their fingers or hold a small spoon. It may be messy, but the more they practice, the better they get. New textures may cause your baby to gag. This is a normal response and is your baby's way to stop them from choking.

Some foods that are choking hazards. Avoid foods that are choking hazards (e.g., hard, small, and round), such as whole grapes, raw carrots, apples, nuts, fruit with pits or hot dogs. Sticky foods from a spoon such as peanut butter should also be avoided. Some of these foods can be made safer by grating or cutting them.

If you are concerned your baby is choking, call 9-1-1.

[Click here](#) for more information on how to reduce the risk of choking on food.

Your Baby's Development

Timiskaming Health Unit has tools to help you monitor your child's development at each stage of their growth and offer tips to help your child thrive. Contact us to find out more or to get your child screened.



Vaccination

Getting your child immunized protects them from a variety of diseases.

At 12 months old, your baby is due for the following vaccines:

- ♥ Prevnar 13– for Pneumococcal infections (meningitis, blood infection, pneumonia, ear infections)
- ♥ MMR- for measles, mumps and rubella (German measles)
- ♥ Men-C-C - for Meningococcal C infections (meningitis, blood infections)

When your child can walk (or is trying!)

- ♥ Provide lots of opportunities for walking and falling safely!
- ♥ Gently support under your child's arms and gradually remove your support.
- ♥ Sit a few feet away and encourage your child to come to you.
- ♥ Have your child walk on different types of surfaces, walk slightly uphill and slightly downhill.
- ♥ Sometimes encourage your child to walk and carry toys to develop balance.



How much does my baby need?

	Guideline
Sleep	In a 24 hour period, your 10-11 month old should be getting 12-16 hours of sleep, which includes naps. At 1 year old, your toddler should be getting 11-14 hours of sleep, including naps, with consistent bed-times and wake-up times.
Movement	Help your baby move in a variety of ways, especially floor-based play. More is better. This should include at least 30 minutes of tummy time spread throughout the day while your baby is awake. At a year old, your child should be getting at least 180 minutes a day of physical activity of any intensity. This includes energetic play and should be spread throughout the day. More movement is better.
Sitting time	Don't restrain your child in things like a stroller or car seat for more than 1 hour at a time. Screen time (eg. TV, tablet, etc.) is not recommended for babies under 1 year. When your child reaches 1 year old, screen time should be no more 1 hour, but less is better. When sitting with your baby, try reading, story-telling or singing with your child.

From: Canadian 24-Hour Movement Guidelines for the Early Years (0-4)

Are you preparing to return to work?

If you are breastfeeding and returning to work, your employer should accommodate any needs you have to breastfeed or express your milk. You have the right to be free from discrimination from your employer, coworkers and clients.

First dental appointment

Children should have their teeth checked by a dentist or dental hygienist by their first birthday so that any problems are caught early.

Switch to using a soft toothbrush by the age of 1 year and brush twice a day.



Contact THU for a car seat inspection

We have staff trained to ensure that your car seat is installed properly and the right fit for your child. For more information about car seat safety at this stage, [check this out](#).

A rear-facing seat gives the best protection for your baby or child's head, neck, and spine in a sudden stop or crash. Check the labels on your seat to find out when your baby will reach the seat's height or weight limits. Once your baby has outgrown the infant seat (usually between 6 and 12 months), use a larger, rear-facing seat.



CONTACT US!

Call us toll free
1-866-747-4305 and ask to
speak to a **Healthy Babies
Healthy Children nurse**



Your child is safest riding rear-facing until 2, 3, or even 4 years old. Keep your child rear facing as long as they still fit within the height and weight limits for their larger, rear-facing seat. Read your vehicle manual and follow the instructions for your seat. For more information, [click here](#).