

# 12 months *sixth visit...*

## 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 \_\_\_\_\_ %