



What you need to know about Feeding your 12-month-old

QUESTIONS TO ASK AT YOUR CHILD'S 12-MONTH VISIT:

- Should my child finish all of his food, even if he's full?
- Should my child be weaned from the bottle?
- Is my child drinking too much milk?

1 LET YOUR CHILD TELL YOU IF HE IS HUNGRY OR FULL.

Your baby is now a toddler! For the past few months, you've been helping him explore table foods with different tastes and textures. At this point, your child should be having meals with the family and feeding himself.

How do you know if your child is hungry or full?

- If your child is hungry, he may become fussy or cranky, or he may reach for food.
- If your child is full, he may stop eating, shake his head to say "no more" or tell/show you he is "all done."

Continue to trust yourself—and your child—and give him a chance to let you know when he is hungry or full.

2 OFFER A VARIETY OF HEALTHY FOODS.

Offering your child a variety of healthy foods will provide him with the nutrients he needs to grow up to be strong, smart and a good eater.

What is the best way to offer up healthy foods?

- Be patient. It is normal for your child to eat more of one food today and less of it tomorrow.
- Continue to support your child with feeding himself by serving foods that are easy for little hands and mouths, such as cooked green peas, scrambled eggs, noodles and sliced berries. Try to wait until he asks for your help before stepping in.

Did you know?



Veggies, like soft-cooked carrots, green beans and green peas make great, toddler-friendly finger foods.

And remember: French fries are not a veggie!



- Your child knows how much he needs to eat, so give yourself a break and let go of worrying about making him eat or encouraging him to finish all of his food.
- Continue to offer meals and snacks in a calm setting, without screens (such as TV and cellphone) and toys. Taking away the distractions will make it easier for you to recognize your child's hunger and fullness cues.

Bye-bye bottle



Your growing child should be saying bye to the bottle and transitioning to drinking from a cup.

3 MILK IS GOOD, BUT NOT TOO MUCH.

What your child should be drinking and when:

- Your child may be ready to switch from drinking breastmilk to cow's milk, but it's OK if he's not.
- As your child eats more and more table foods, he will drink less.
- If your child is drinking milk, provide it in a cup with meals.
- Cow's milk is a healthy drink for your child, but too much—especially between meals—can fill up his tummy, causing him to eat less during meal and snack time. **It is best to limit your child's cow's milk to around 16 ounces per day.**
- Our bodies are mostly made up of water, and water is the best drink for thirst and hydration. Provide water when your child is thirsty in between meals.
- Water, not milk, is best for your child if he wakes during the night. Giving your child cow's milk when he wakes up at night can cause cavities.

Did you know?



A mini box of apple juice has more than 3 teaspoons of sugar. Sugary drinks can lead to tooth decay and cause your child to eat less healthy foods at mealtimes.

4 TEETHING CAN AFFECT YOUR CHILD'S APPETITE.

- Growing teeth is an important and exciting part of your toddler's development, but it can be a painful process—especially with molars (the back teeth, which usually break through between 1 and 2 years of age).
- Teething may cause your child to eat less, refuse to eat or only want foods that are easy to eat, such as puffs, crackers, yogurt melts or teething cookies. While these processed foods may be easier for your teething baby to handle, they are full of added sugars he does not need.
- Help your little one cope with teething—while still getting the nutrition he needs—by offering nutritious soft foods, like bananas, applesauce, hummus, green peas, soft cooked carrots or oatmeal.

What to expect next:

- Over the next three months, as your toddler continues to learn how to feed himself, he will become a more independent eater.
- Your child's growth will slow down, so you may notice changes in what and how much he chooses to eat. Sticking to a snack and meal time routine will help ensure your child gets what he needs.
- Even little ones need their own place at the family table, so make sure your child has his own seat for family meals. Serve him the same healthy foods everyone else is served.