

Let's **GROW**

ISSUE 5



10-12 MONTHS

GROWTH & DEVELOPMENT

Comparing your baby to other children? It's natural, but using [this checklist](#) is more helpful to see how your child is doing. It also offers tips and activities for you to try at home.

IMMUNIZATION

The next set of vaccines is due as soon as possible after your little one's first birthday. Immunizing on schedule gives your baby the best protection.





NUTRITION

Expect a mess at meals and have fun! It's time for an open cup. Sippy cups do not help your child develop drinking skills like an open cup.

Clean your baby's hands and let him explore his food. It's all part of learning how to eat!

The [Eat Right Be Active guide](#) has sample menus and advice on how to help your child learn to eat well.

PLAY

Sick of Peek-A-Boo?

[Refresh playtime](#) with your busy toddler or find a play group in your area.

SAFETY

Babies learn by exploring and putting everything in their mouths. Do the toilet paper roll test: if an item is small enough to fit inside an empty toilet paper roll, your baby could choke on it.

For more tips, check out the [Home Safety Checklist](#).





MENTAL & SOCIAL WELLBEING

Worried about going back to work? This can be a difficult time of adjustment for families.

- Talk with family and friends about how you are feeling.
- Get support, don't try to be a perfect parent.
- Take your baby to your childcare provider for short visits before returning to work to help smooth the transition.
- If finances are a concern, visit the following sites to learn more about childcare subsidies:
 - [Bruce County](#)
 - [Grey County](#)



WE WANT YOUR FEEDBACK

Please give us your feedback in this very brief survey: <https://www.research.net/r/letsgrownewsletter>

To contact us or unsubscribe, please email: publichealth@publichealthgreybruce.on.ca

