



Let's Grow

Issue #5: 10-12 Months

Your ten-month-old is probably friendly and outgoing most of the time. They enjoy babbling and experimenting with new sounds. They love to copy sounds and words. By twelve months they can understand common phrases, such as “Show me your eyes” and “Where are your shoes?”

As moving around becomes easier they will get braver about letting you out of their sight. They see themselves as being free to explore new places. They may take along a favourite blanket or toy, which helps them to feel secure when exploring on their own.

“Making strange” is still common, especially with new faces. Your child uses their sounds and actions to tell you how they feel. Remind yourself that some clinging is a normal sign of growth and of their love for you. Give words to their feelings and reassure them. They will soon feel secure enough to try things on their own.

“While we try to teach our children all about life, our children teach us what life is all about!”

- Angela Schwindt



Feeding & Nutrition

Variety Is What I Like!

Infants still need iron-rich foods, such as fortified infant cereal, meats, and legumes (beans, lentils) to help their growing body get the iron it needs. Iron helps carry oxygen in blood so your baby can grow and play. They may feel tired and irritable if they don't have enough iron.

If you are breastfeeding, it is encouraged to continue breastfeeding for up to 2 years and beyond. Your child may be drinking whole liquid milk (3.25% Milk Fat) – but don't let them fill up on it. Offer milk with meals and water in between. Remember, they don't need juice. With help, they can drink sips of water or milk from an open cup. Soon, they will be able to hold their own cup and drink by themselves.

Avoid offering foods that are high in sodium and sugar. Babies need food without added sugar, or salt. Do not offer foods that do not fit into a food group like cookies, chips, cheese puffs, pop, sports drinks, ice cream, French fries and other things that have a lot of sugar and salt (sodium). Babies have small stomachs and filling them with these foods will keep your baby from eating the food group choices they need for proper growth and development. Mealtimes are often messy. Your baby is learning about textures and smells, not just flavours as they eat.

Food is an adventure! It is best to let them explore as they learn to feed themselves.

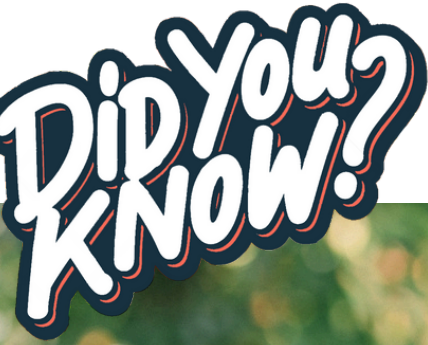
CONTINUED

Variety Is What I Like (cont'd)

- Eating together lets you role model a healthy relationship with food and teach skills like using a spoon.
- Prepare snacks and meals using choices from the Food Guide's food groups.
- Turn off all the television and computer screens during mealtime. (It is not recommended to have any screen time until at least 2 years old)
- Feeding themselves is a great way for your baby to work on using their hands and develop their fine motor skills.
- Ignore your cell phone, texts, and emails during mealtime.
- Sit at the table and focus on the food and your child.

Nutrition information and support for healthy eating www.unlockfood.ca

Contact Health Connect to speak with a Registered Dietitian by dialing 811 or TTY 1-866-797-0007.



Families that eat together at least 3 times each week have children who are less likely to get involved with alcohol, drugs, or tobacco. It's true! Preparing a nutritious meal and sharing it with the whole family in a calm atmosphere, is one of the best ways to show your love!



Caring for Baby

Baby Teeth Are Important!

Schedule a first dental visit by their first birthday. Health Canada, the Canadian Paediatric Society, and the Canadian Dental Association all recommend that children be seen by a dentist by the time they are 12 months of age.

Teeth are important because they help your child eat, talk, and smile. They also hold the space for adult teeth.

Cavities are painful and could affect speech, eating and learning. Brush together every morning and every night!



Vision

Vision is very important for social and physical health and learning.

According to the Canadian Association of Optometrists (2022), infants and toddlers should undergo their first eye examination between the ages of 6 and 9 months; preschool children should undergo at least one eye examination between the ages of 2 and 5 years.

Ontario Health Insurance Plan (OHIP) covers the cost of a comprehensive eye examination once every 12 months for all children (0-19 years of age) who have a valid OHIP card.

Sleep

Getting enough sleep is important for mental and physical health. When your child gets enough sleep, it helps them learn and grow well. It's hard to learn when they are overtired. They may be little, but starting a nightly bedtime routine now will help them feel safe and build their trust in you. It might take us some time to finish the whole routine, but it's worth it. An easy routine to start following is:

1. bath time
2. brush their teeth
3. read a book and cuddle
4. kiss them good night! Babies this age need around 14 hours of sleep over a 24-hour period (including naps).

How much sleep do I need as I get older?

http://www.caringforkids.cps.ca/handouts/healthy_sleep_for_your_baby_and_child



Immunization

- Just after their first birthday, it is time to go and get their next set of vaccinations.
 - To help you find out what vaccines are needed and when, visit: www.health.gov.on.ca/en/public/programs/immunization/default.aspx
 - Your Immunization Records (publichealthgreybruce.on.ca)



Safety

Here's a little safety exercise. Get down on your hands and knees and look at what your baby sees. Babies thrive on being able to explore their world. Wherever possible, rearrange things so your child can do that safely. It's best to have another look every few weeks.

Here are some tips:

- Never leave a child alone in the bathtub, not even for a few seconds. They can drown in less than one inch of water.
- Install safety gates at the top and bottom of the stairs; the gate at the top of the stairs needs to be fastened to the wall.
- Put plastic outlet covers over all electronic outlets if they aren't protected. Newer plugs that say TR on them are safe.
- Cupboard doors that you don't want your child to get into should have safety locks. Try to keep a cupboard or a drawer that they can explore safely. Wooden spoons and plastic bowls are great fun in the kitchen. Keep cleaning supplies, chemicals, medications and cannabis up high or locked up.
- Keep all small objects like buttons, coins, pins, jewelry, or pens out of reach. Children can choke easily.
- Never use ribbons, strings, or necklaces around your child's neck or attached to toys. They could easily be strangled.
- A rear-facing car seat provides the best protection for your child's head, neck, and spine in a sudden stop or crash. Use a rear-facing-only car seat or a larger, rear-facing convertible seat; either is safe as long as your child fits correctly. Keep your child rear facing for as long as they still fit the larger, rear-facing seat. Your child is safest riding rear facing until 2, 3 or even 4 years old.
 - [Carseat-Rear-facing-E-UA.pdf \(parachutecanada.org\)](#)

For more information about safety around the house visit: [Around the house – Parachute \(parachutecanada.org\)](#)



Healthy Growth & Development

These developmental milestones have been provided to show some of the skills that mark the progress of young children as they learn to communicate. You may use these milestones to help monitor your child's development. For more information visit [Early Child Development | ontario.ca](https://www.earlychilddevelopment.ca)

By 12 months most children can:

- follow simple one-step directions (for example, "sit down")
- look across the room to something you point to
- use three or more words
- use gestures to communicate (for example, waves "bye bye", shakes head "no")
- get your attention using sounds, gestures and pointing while looking at your eyes
- bring you toys to show you
- "perform" for attention and praise
- combine lots of sounds as though talking (for example, *abada baduh abee*)
- show interest in simple picture books

Crawl First, Walk Second

Once your child can sit up and crawl, they are ready to learn to stand. Crawling is thought to have many benefits for children. It helps develop strength, balance, spinal alignment, visual-spatial skills, and socio-emotional development. Your child will really enjoy it when you practice crawling with them. You can also encourage them to crawl after a toy and bring it back to you. When they are ready, they will pull themselves to stand, walk while holding on to furniture and then stand alone.

Your child has also found their pointer finger and they like to use it. When they point to objects, you can encourage their efforts by saying "Show me the pig". They need you to teach them how to be gentle with their hands. Put your hand over theirs and show how to be gentle with a book, petting an animal or touching another child. Children learn by doing and need you to show how to do things.

Let's Play!

Games and toys are the tools that children use to learn. Here are some things they may like to play with:

- Pop-up toys: A toy piano or any toys that have buttons to press or turn. Teach them how to use their fingers to press down rather than their whole hand.
- Music: Dance with them around the room. Sing to them - Pop Goes the Weasel, Pat-a-Cake, Old MacDonald, etc.
- Balls: Your child will like when you roll things to them.
- Containers: and smaller safe toys so they can practice filling and dumping.
- Boxes: big ones to crawl into, small ones for their toys.

Create Your Own Book - Items Needed:

- photographs or magazine pictures of people, animals, or objects.
- a small photo album
- Place one picture on each page of the photo album. Talk about each picture as you look at the book together. Say "Who is this?" or "What animal is this?" and "What sound does the animal make?"

Positive Parenting

Parenting Your Child

Has your little darling turned into a real character? They are learning that they can affect the world around them. They love to see your reactions to what they do. Now is the perfect time to set the stage for good behaviour. Waiting until later can make it more difficult.

1. Set Limits - Besides safety proofing so your child can safely explore and learn, setting limits and enforcing them will help your child learn what is allowed and what isn't. Let them know what is not allowed. "We don't climb on the back of the couch" or "Let's leave the dog alone while he eats."
2. Distract - Babies at this age have short attention spans. They may well understand the limit you have set, but they have a hard time controlling and maintaining their impulses and emotions. Remove the temptation or the child from the situation if you need to.
3. Re-direct - Pick another activity your child enjoys they can do instead, "Let's play with the ball instead." If your child is insistent on the previous task, explain why they can't have it, and offer the alternative again.
4. Provide Positive Encouragement - By encouraging your child, they will feel good about themselves and feel safe to try new things.
5. Create a routine. Routines help children learn what to expect. Your routine will need to be adjusted as your child grows.



Taking Care of Yourself

Work-Life Integration

If you work and it is now time to return to work, there are many feelings you may have during this time; guilt about returning to work, sadness about being away from your child, excitement about being back at work or anger at having to return. It is usually an emotional time, and it can take two to three weeks to adjust. You may need to share these feelings with your partner or close friends. A good supportive ear is always helpful. Remember, things will get easier.

'Work-life integration is the process of blending your work life and your personal life so they complement each other. When you integrate the different parts of your life instead of trying to 'balance' them, you can focus on what's most important overall and prioritize those things' (Managing Work and Life Integration (themomproject.com)) Nora Roberts was quoted as saying, "The key to juggling is knowing that some of the balls you have in the air are plastic and some are glass. The trick is to know what is what". Think about the balls as not being 'work' and 'home', but more nuanced than that. A ball could be buying milk on the way home from work, mopping the floor, meeting an important project deadline, or booking a dentist appointment. Some of these are okay to drop and pick up again another time.

According to Statistics Canada, 85% of mothers who work outside the home report they never have enough time to accomplish the things which need to be done, so you're not alone if you are feeling overwhelmed. Be gentle with yourself.

Tips for Adjusting Your Child to Childcare

- Try a “dry run,” getting everyone up and out the door on time. Ensuring you have enough time in the morning, and having your child try out the new place before you return to work/school makes the transition easier for everyone!
- Sometimes bringing a special toy or blanket from home makes the transition easier.
- When it’s time to leave, hand your child to the care provider, rather than having the provider take your toddler. This is more reassuring to your toddler.
- Say good-bye cheerfully and quickly. Let your child know when you will be back, and keep your body language relaxed, so your child picks up your positive energy.
- Don’t have lengthy goodbyes, this only makes things more difficult for both of you, but avoid the temptation to sneak away, this can make future drop-offs more difficult. If you need to know how long it takes your child to settle, have the caregiver call you at work when that happens.
- Review the new routine with your child a day or two before. This helps to prepare them for change.
- There may be some tears when you come to collect your child at the end of the day. Children tend to get fussier when their parents return to pick them up. Don’t assume they have been this way all day, or that they are angry at you for leaving them.
- Make a list of emergency contact numbers for your childcare provider. Include your child’s OHIP number, healthcare provider, and an alternate contact if you cannot be reached.

Tips for Adjusting at Work

When a partner is home for parental leave, it isn’t unusual for that person to do more of the cooking, cleaning and mental load. Often, this doesn’t shift back without clear communication around expectations. It is vital to plan and develop a new routine. Everyone needs to be aware of their responsibilities, so the work is shared fairly.

- Accept offers of help from family and friends.
- Create a back-up plan in case something unexpected happens. For example, what if someone gets sick or if childcare falls through?
- Give yourself more time in the morning to avoid that “rushed” feeling for everyone.
- Prepare whatever you can the night before.

Be deliberate about your time with your child. Think about how and when you will have rewarding time. Will it be in the evenings? Mornings before you go? Facetime when you’re at work?

A final word about “mental load,” also known as invisible labour - it is keeping track of what needs to be done when managing a household and family. It isn’t the tangible, physical chores and tasks, but the planning around those. Do what you can to account for this when you are dividing up responsibilities. An example may be that the person that plans the meals for the week is the one that makes the grocery list and does the grocery shopping, while the person that is responsible for daycare drop off ensures the diaper bag is packed and daycare special events and activities are prepared for.

Returning to Work After Baby is a booklet with helpful tips and information

www.beststart.org/resources/wrkplc_health/pdf/Return_to_Work_ENG_Final.pdf



ADVICE

For more information

- The Healthy Babies Healthy Children program provides information and home visits to parents who are eligible and need more support during pregnancy, after their baby is born, and as their child grows. For more information or to self-refer to the program visit Grey Bruce Public Health's website at [Home Visiting Program \(publichealthgreybruce.on.ca\)](https://publichealthgreybruce.on.ca) or call Grey Bruce Public Health at 519-376-9420 or 1-800-263-3456 extension 5.
- 211 quickly and confidentially connects people to social services and community programs across Ontario. 211 is available by phone for those looking to speak to a friendly voice or by text, online search, email, or chat. Service is available in multiple languages.
- Call 811 to find health services or information or get health advice from a registered nurse. Toll free TTY line: 1-866-797-0007. Live chat is also available. Health811 - [Health811 \(ontario.ca\)](https://health811.on.ca)
 - Looking for guidance about food and nutrition, including infant and child feeding? Residents of Ontario can connect with a Registered Dietitian to access free nutrition information and advice by calling 811 or starting a chat at Health811.
- Caring for Kids, a website developed by the Canadian Pediatric Society, provides parents with information about their child's health and well-being. [Home | Caring for kids \(cps.ca\)](https://caringforkids.cps.ca)
- EarlyON Child and Family Centres offer free programs for families and children from birth to 6 years old. You can learn and play with your child, meet people and get advice from early childhood professionals.
 - Find an EarlyON child and family centre:
<https://www.ontario.ca/page/find-earlyon-child-and-family-centre>
 - For more information about Grey County:
<https://www.grey.ca/resident-services/community-services/early-learning-and-child-care/earlyon>
 - For more information about Bruce County:
<https://www.brucecounty.on.ca/human-services/earlyon>
- Discover how to prevent injuries before they happen – Parachute:
www.parachutecanada.org/injury-topics
- For more information about many of these topics see Your Guide to Postpartum Health and Caring for Your Baby: [postpartum-health-guide.pdf \(canada.ca\)](https://www.canada.ca/en/services/health/postpartum-health-guide.pdf)
- OMama is a website and a mobile application (app) that connects you to trusted, evidence-informed pregnancy, birth, and early parenting information (focusing on resources in Ontario, Canada). [Home - OMama](https://www.ommama.ca)
- La Leche League Canada: Breastfeeding support www.lllc.ca
- Transport Canada: www.tc.gc.ca/roadsafety/kids
- Health Canada Product Safety -
<https://www.canada.ca/en/services/health/product-safety.html>

