




# 12 MONTH CHECKLIST


DEVELOPMENT				
Does your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development
Move in and out of sitting position?				<ul style="list-style-type: none"> <li>I may crawl on my hands and knees but I may also move on my stomach or bum.</li> <li>Learning to walk takes lots of practice. Make sure I have space and time to learn. I like to walk holding on to things.</li> <li>Let me feed myself. Keep me safe by staying with me while I eat.</li> <li>Place small pieces of food in a small cup or bowl. Show me how to take them out using my first finger and thumb.</li> <li>Teach me about my emotions by naming them.</li> <li>Share books with me every day. I like books with real pictures.</li> <li>I love playing with you and still need you to comfort me when I'm upset.</li> </ul> 
Pull themselves up and walk holding onto hands or furniture?				
Hold, bite and chew small pieces of food?				
Pick up small items using thumb and first finger (pincer grasp)?				
Show different emotions, such as happiness and needing comfort?				
Start games with you like peek-a-boo?				
NUTRITION				
Does your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development
Breastfeed or get any breast milk?				<ul style="list-style-type: none"> <li>Breast milk, even in small amounts, is best for me until I am 2 years or older.</li> <li>It is okay to give me whole fat milk (limit to 500-750 ml a day).</li> <li>I need 600 IU of vitamin D each day, from food and/or supplement.</li> <li>I learn to eat when you eat with me. Family meals are good for me.</li> <li>Offer me a meal or snack every 2-3 hours. Let me feed myself.</li> <li>I may need to see a food many times before I will try it - don't force me!</li> <li>Offer me foods from 3 to 4 food groups of Canada's Food Guide at each meal.</li> <li>Offer me iron-rich foods like meat, fish, eggs, cereal or beans at every meal.</li> </ul> 
Drink pasteurized whole fat milk?				
Get enough vitamin D?				
Eat with you?				
Decide how much or how little to eat?				
Feed them self a variety of finger foods at each meal?				
Eat iron-rich foods every day?				
VISION & SPEECH & HEARING				
Does your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development
Use their eyes to find their way around objects?				<ul style="list-style-type: none"> <li>I like to explore, keep me safe by child proofing my home.</li> <li>If there is a family history of eye problems, take me to the eye doctor now, even if my eyes seem straight.</li> <li>No TV, DVD, video, computer time or other screen time before 24 months of age.</li> <li>Encourage me to make animal sounds like baa, moo, bow-wow.</li> <li>I like hearing you name and talk about the pictures in my books.</li> <li>When I am playing, talk about objects and actions that interest me.</li> <li>Keep your speech simple when you talk with me. Use short sentences or single words; it is easier to imitate you. Say words for me over and over.</li> <li>Help me understand simple phrases by showing me – "Come here"; "Sit down".</li> <li>Hearing can be tested at any age.</li> <li>I should see my doctor and have my hearing checked if I have more than 3 ear infections in a 6 month period or if I have any drainage from my ears.</li> </ul>
Have eyes that appear straight and move together?				
Say 1 or 2 words (Bye-bye, Mama, Dada, no) even if they're not clear?				
Try to copy your sounds when you talk with them?				
Make sounds like talking (chattering) to toys and people?				
Seem to hear well?				
Have healthy ears?				



HEALTHY SMILES				
Does your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development
Have their teeth brushed 2 times each day?				<ul style="list-style-type: none"> <li>Brush my teeth with fluoride toothpaste (the size of a grain of rice) because cavities can start as soon as my teeth appear. Lift my lip to check my teeth when you brush them.</li> <li>I should see a dentist or dental hygienist 6 months after my first tooth comes in</li> <li>Give me drinks in a regular open cup instead of a bottle or sip cup. Offer only water between meals and snacks.</li> </ul> 
Have their teeth checked for tooth decay?				
Drink mostly from an open cup?				

BEHAVIOUR				
Does your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development
Have any behaviours that you find hard to manage?				<ul style="list-style-type: none"> <li>Bedtime routines help me to learn to go to sleep on my own.</li> <li>I may sleep longer but I might still wake at night for cuddle time.</li> <li>Throwing food and toys on the floor helps me to learn what happens next.</li> </ul>

LIFESTYLE				
Does your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development
Live with or spend time with anyone who smokes?				<ul style="list-style-type: none"> <li>Keep me smoke-free. I don't want to get pneumonia, bronchitis, colds, ear infections, sore throats, or worsening asthma.</li> </ul>
Live with or spend time with anyone who vapes?				<ul style="list-style-type: none"> <li>Keep me away from the e-juice. It can smell great like blueberries or bubble gum, but can contain enough nicotine to poison me or my pet.</li> <li>Prevent burning me. E-cigarettes look cool but they burn hot.</li> <li>Keep the vapour away from me. It has chemicals that aren't good for me like formaldehyde, heavy metals as well as nicotine which is bad for my brain.</li> </ul>

SAFETY				
Is Your baby.....?	Yes	No	Some-times	Tips for Healthy Growth and Development
In a safe place if you leave the room?				<ul style="list-style-type: none"> <li>Look for hazards from my viewpoint by crawling around.</li> <li>I can choke on things that are less than an inch and a half in diameter (things that are smaller than a toilet roll tube).</li> <li>Sleeping in my crib is safest for me.</li> </ul> 
Placed securely in a rear-facing car seat?				

If you have questions or would like more information, contact your Public Health Unit or call 8-1-1 to speak with a nurse, dietitian or pharmacist. Information is also available in your Baby's Best Chance book, or online at [www.healthlinkbc.ca/babys-best-chance](http://www.healthlinkbc.ca/babys-best-chance) or Toddler's First Steps on line at [www.healthlinkbc.ca/toddlers-first-steps](http://www.healthlinkbc.ca/toddlers-first-steps)