

SESSION 4



Feeding and playing with your 12+ month old child



About this booklet

This booklet supports Session 4 of the INFANT program.

INFANT is a group program about nutrition and play, led by a nurse, health or early years practitioner. It is for parents and caregivers with babies 0-12 months old. Four group sessions are offered when child is around 3, 6, 9 and 12 months old.



Acknowledgements

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Acknowledgement of Traditional Custodians

In the spirit of reconciliation, the INFANT team acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. The INFANT team at Deakin University is based on the land of the Wadawurrung, Wurundjeri and Boon Wurrung people.



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Colour every meal with veg & fruit



What to feed your 12+ month old child

You can **continue breastfeeding** for as long as you want.

You can now **stop giving your child formula**, if you were feeding them formula. Children over 12 months old do not need formula milks including toddler milks.

By 12 months old, your child should be eating most of the same **solid foods** as you and drinking water from a cup.



Add different vegetables and fruits in each meal for you and your child.



Foods to avoid giving your 12+ month old child

There are other foods that you should avoid giving your child, and the family should only have sometimes.

Some foods do not give your child what they need to grow strong and healthy. You should not give these foods to your child every day.

These foods are called **sometimes foods**.

Some examples of sometimes foods are:



Chocolate



Cookies or biscuits



*sugary drinks,
like soft drink or cordial*



Sweets and lollies



Chips or fries







Flavoured milks



*Added sugar, salt and
other additives*







Keep your 12+ month old child safe from choking - do not give them hard or round foods.

Some foods are a higher choking risk and should not be given to children under 3 years old. Some common choking risk foods are:

 <i>Whole nuts and seeds (instead you can give smooth nut butter)</i>	 <i>Hard foods (e.g. raw apple, raw carrot or hard lollies)</i>	 <i>Sticky foods (e.g. marshmallows and other sticky lollies)</i>	 <i>Round foods (e.g. whole grapes* and popcorn) *Slice grapes into quarters to make them safe.</i>
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Foods should be soft enough to squash between your fingers.

Grate or cook hard vegetables and fruits (like apple and carrot) until they are soft. Example:

  No hard vegetables/fruits	  Grated carrot is safer for your child	  Cooked, soft carrot is safer for your child
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Always watch your child while they are eating to make sure they do not choke. To learn more about choking and first aid, follow the 'Choking first aid' link on page 15.



Snack on veg and fruit



When to feed your 12+ month old child

Give your child 3 meals each day (like what the family eats) and 2-3 snacks (like vegetables and fruit).

Try to avoid giving your child other food between these meals/snacks.

Example foods to offer your 12+ month old child:

Breakfast (e.g. oats; scrambled eggs; toast; fruit or yoghurt, baked beans, avocado on toast)

Morning snack: often after breakfast and before lunch
(e.g. vegetable slices, fruit; yoghurt; cheese and crackers)

Lunch (e.g. pasta with vegetables; tuna or chicken salad sandwich; avocado toast)

Afternoon snack: often after a nap and before dinner
(e.g. vegetable slices, fruit; yoghurt; cheese and crackers)

Dinner (e.g. rice with meat and vegetables; fish and salad; meatballs with tomato sauce; pasta with lentils/vegetables)

Vegetables and fruits make great finger food and are perfect for snacks.

Tap in to water



What to give your 12+ month old child to drink

Continue to give your child water to drink every day.

Water straight from the tap is the best drink for children over 12 months old (you no longer need to boil and cool their water).

Start to give your child full-cream cow's milk from 12 months old.

- About 1 cup or 1.5 cups in a day.
- Switch to a reduced fat milk when your child is around 2 years.



Your child no longer needs formula milk. Toddler formulas are also not needed.

You can continue to breastfeed for as long as you want.



If you plan to use plant-based milk (eg. soy, rice, oat, coconut, or nut), talk with your healthcare professional first.

Your child does not need any other drinks.

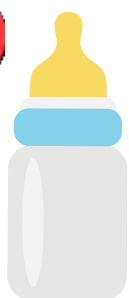


Your child no longer needs to drink anything from a bottle.

If you are still giving your child a bottle, try to swap to a sippy cup. This will help your child to eat more solid foods and keep their teeth healthy.

Start with swapping day time bottles, then any night time bottle(s). If your child demands a bottle, offer water only in the bottle.'

All drinks should be offered in a cup.



Bottle



Straw cup



Sippy cup



Open cup

You can start with a **straw cup** or **sippy cup** to help your child learn how to sip.

You can move on to an **open cup** as soon as possible.



It is normal if your child can't use a cup straight away. Drinking from a cup is a learned skill. Keep practicing!

Parents provide, kids decide



How to help your 12+ month old child eat healthy foods

Give your child different healthy food options. Let them decide what to eat and how much to eat.

This will help your child to enjoy mealtimes and they will be more interested in trying different foods.

Let your child touch and play with their food.

It's ok to get messy! This helps your child to learn.

To help with the mess, you could put some plastic under your child's high chair or eat outside.



Remember: it is normal if your child does not want to eat some foods. It can take up to 15 tries of a food before a child learns to like it!

Stay calm and remove the food after 15-20 minutes, even if they haven't eaten much.



You can learn more about **what to do if your child doesn't want to eat their food** in the **INFANT Session 3** booklet on page 8.

Parents provide, kids decide



How to help your 12+ month old child to move more

Give your child different options for being active and moving. Let them decide what to do and how much to do.

Letting your child make their own choices helps them to learn. It also helps them understand how to make decisions when they are older.



Provide active play routines (things you do each day) that include things like walking, outside play, dancing or jumping.



Give your child lots of opportunities to practice new movement skills such as running, climbing, and throwing or kicking a ball. Do this in a safe environment where you can watch and help your child.

Eat together, play together



Our children watch and learn from everything we do. If your child sees you enjoying vegetables and fruit, and playing outside, they will learn to enjoy these things too!

Try to show your child good examples of how to be healthy by:

- eating lots of fruit and vegetables
- moving your body and being active
- not using your phone or other screens too often

Make mealtimes fun and happy. Plan meals to make it easier to eat together as a family when you can.

Family meals help your child learn how to be social and talk to other people.

- Turn off the TV and other screens
- Keep phones and toys away from the table
- Talk to your child and to the family during the meal
- Try to do this for all meals or as much as you can



Off and running

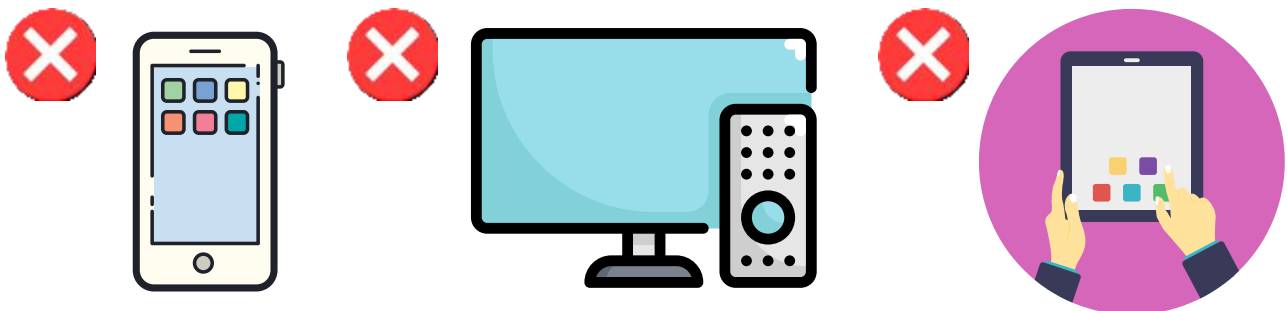


How to help your 12+ month old child be more active

Avoid phones, TV and other screens.

Screens are not recommended for children under 2 years of age.

Too much screen time can impact your child's brain and body development. Playing games or spending time outside is better for your child to learn and grow.



Play with your child often.

You can plan activities to do with your child to help you both stay active, like a walk to the park or some dancing.

Try to get outside to play every day too.



Give your child lots of time to move their body.

At around 12 months old, your child might start learning to walk!

Give them lots of time to move their bodies. Don't spend too long sitting still or lying down (except for sleeping).

This helps them to move their body more, grow stronger and learn new things.



Spend time playing freely outside



Set up an area where your child can safely play and move freely

Limit time spent in the pram, car seat or high-chair.

Try to have your child out of the pram and highchair as much as you can.

Avoid putting your child in play chairs or anywhere else that stops them moving freely.



Ways to be active and play with your 12+ month old child

Practice throwing.

Let your child collect up their soft toys (like teddies) then give them a basket to try and throw them into. As they get better at throwing, move the basket further away.



Build an obstacle course.

You could use cushions to crawl over, or cardboard boxes to crawl through!

Go for a walk and let your child walk too (rather than being pushed in the pram).

Let your child explore nature. Collect leaves and flowers, or splash in puddles!



Go to a playground or play centre.

Always supervise your child while they are playing.

Summary

Feeding and playing with your 12+ month old child

- Your child **no longer needs formula**. You can continue to **breastfeed** for as long as you want. The only other drinks to offer are water and milk in a cup.
- Offer your child 3 meals each day (like what the family eats) and 2-3 healthy snacks, such as fruit.
- Include **vegetables and fruits** in every meal.
- **Keep offering your baby different types of foods** even if they don't seem to like it.
- **'Sometimes foods'** (like chocolate, chips, cookies) should only be given to your child occasionally.
- **Make mealtimes fun and happy** by eating healthy options together and letting your child decide if and how much to eat.
- **Play with your child often** (e.g. practice throwing, build an obstacle course, go to a playground or go for a walk in nature together!).
- Keep play and meal times **screen free** so you and your child can focus on connecting and learning together.
- Try to have some **outdoor play** time each day.
- Help your child **practice new movement skills** like running, climbing and throwing

Useful links

For more information about feeding and playing with your child:



My child Now app

The My child Now app is full of practical advice, tips and tools to help you feed your child, and lots of ideas for play! Developed by experts, it is information you can trust.

Scan the QR code to download to your phone:



For information about other popular topics for parents of children aged 12+ months:

Choking first aid

<https://raisingchildren.net.au/babies/safety/choking-strangulation/choking-first-aid-pictures>

Allergies

<https://raisingchildren.net.au/babies/health-daily-care/allergy-intolerance>

Play Group

<https://raisingchildren.net.au/babies/play-learning/playgroups/about-playgroups>

Child care

<https://www.vic.gov.au/child-care>