

Healthy Habits

6-12 months



five two one almost none

www.521a1mostnone.com

NUTRITION

Breast milk or baby formula with iron is my main source of nutrition for my whole first year.

Please feed me when I act hungry. Let me eat until I act full.

I will drink breast milk or formula 4 or more times a day. My tummy can hold about 6 to 8 ounces at a time.

I am ready to eat solid food when I can sit and hold my head steady, and when I reach for food and open my mouth.

Start me off with whole grains like iron fortified oatmeal, then add vegetables. Try fruits next and then meat.

I like to eat foods plain.

ACTIVITY

I need lots of activity and movement many times, every day.

I may try to sit, hold, lift and drink from a cup, and crawl.

Put a toy just out of reach so I move to get it. Roll a ball to me. Hold my hands and let me walk with you.

SCREEN TIME

TV is not the way I learn. My best teachers are my family. I learn best when you look at me and talk to me.

Try not to expose me to TV until I am at least 2 years old. My brain is growing fast now, and I learn best interacting with people, not screens.

I do not want a TV in my bedroom. It disrupts my sleep.

If you like to watch TV, try to do this when I am asleep in another room.

Let me try one new food at a time. Let me get used to it for a week before you give me another new food.

As I get used to food, let me try a wide variety so I can learn to like many foods. By helping me learn to like lots of different kinds of healthy foods now, you are helping me become a healthy eater for life.

I like to feed myself. It helps me stop eating when I am full and helps me learn to use my hands. Give me small pieces of food that I can reach and put into my own mouth.

Let me practice using a cup. Hold the cup and let me take sips. When I am 9 months, I will start holding a cup on my own. Then I can use cups for my drinks.

I don't need added sugar, salt, or butter.

Help me roll and push objects on the floor.

Play, crawl, and chase me on the floor.

Play peek-a-boo, or sing and dance with me.

I like to interact with you at mealtime and playtime :)

Please turn off the TV while we are eating, so I am not distracted.



PARENTING TIPS

Let me see you eating healthy and moving. You are my role model.

Build a team of family, friends and care givers who help me eat healthy and be active.

Talk to other parents. Join a play group or find support groups, online.

Play with my hands and feet as you smile, laugh, sing and talk to me.

Respond to me quickly when I cry or show you that I'm hungry or tired.

I need 1 or 2 naps every day. Each day I need 14 to 15 hours of sleep.

Hold me often, especially with my skin against yours. It helps me feel loved and calm.

CREATE & KEEP REGULAR ROUTINES

Regular Meals

Daily Physical Activity

Enough Sleep

Local & Online Resources

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La Leche League Breastfeeding support and groups. <http://www.lllofnc.org>

Mission Breastfeeding Center <http://www.missionchildrens.org/hospital-services/breastfeeding-center>

Parkridge Hospital Lactation Consultant <http://www.parkridgehealth.org/node/2273>

Smart Start Information about local parenting classes, reading programs and/or play and learn groups:

Buncombe County (828) 350-2932 <http://www.smartstart-buncombe.org/index.php/fam-programs/famplaynlearn>

Haywood County (Region A Smart Start) (828) 586-0661, <http://regionakids.org>

Henderson County (828) 693-1580, <http://www.smartstarthc.org>

Transylvania County (828) 877-3025, <http://www.smartstarttransylvania.org>

Nutrition, Activity and Parenting Tips <http://www.healthychildren.org/English/healthy-living/growing-healthy>

sixtysecondparent.com

Text4Baby.org

Triple P Parenting Programs <http://www.triplep-parenting.net/nc-en/home>

Buncombe County (828) 351-8098

Go Smart an in-browser app for desktop, tablets, or smartphones with instructions for active play for children 0-5
<https://gosmart.nhsa.org>

**WIC (Women, Infants & Children)
At Your Local Health Department**

Buncombe County (828) 250-5000

Henderson County (828) 692-4223

Haywood County (828) 452-6701

Transylvania County (828) 884-3242



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Adapted by WNC Healthy Kids and WNC Pediatric Care Collaborative from NC DHHS Division of Public Health, Nutrition Services Division; ZeroToThree.org; and American Academy of Pediatrics' HALF Implementation Guide and HealthyChildren.org

For more tips & links to these resources, visit <http://www.521almostnone.com/resources/additional-resources>