



# DEAR MOM AND DAD, HERE'S WHAT I NEED

## MY DIET

### 10 Months

#### Breakfast

- 3-4 tablespoons chopped or mashed fruit
- 4 tablespoons unsweetened cereal
- 1-2 tablespoons ground or chopped meat, beans, lentils, nut butter or egg
- Breast milk or 6-8 ounces of formula

#### Mid Morning or Mid Afternoon

- 1-2 ounces of water in a cup
- Soft toast, dry cereal O's, soft fruit, yogurt, or crackers

#### Lunch

- 3 tablespoons of ground or chopped meat, egg, beans or lentils
- 3-4 tablespoons of chopped or mashed vegetables or fruit
- 2 crackers or 1/2 slice of bread
- Breast milk or 6-8 ounces of formula

#### Dinner

- 3 tablespoons of chopped meat or meat substitute, beans, lentils or tofu
- 3-4 tablespoons of chopped or mashed vegetables
- 2-4 tablespoons of rice, pasta or potatoes
- Breast milk or 6-8 ounces of formula

#### Bedtime

- Breast milk or 6-8 ounces of formula

### 11-12 Months

#### Breakfast

- 3-4 tablespoons of chopped or mashed fruit
- 4 tablespoons unsweetened cereal
- 1-2 tablespoons ground or chopped meat, meat substitute, egg, beans, lentils or nut butter
- Breast milk or 6 ounces of formula

#### Mid Morning or Mid Afternoon

- 2 ounces of water in a cup
- Dry cereal O's, soft fruit, yogurt, or crackers

#### Lunch

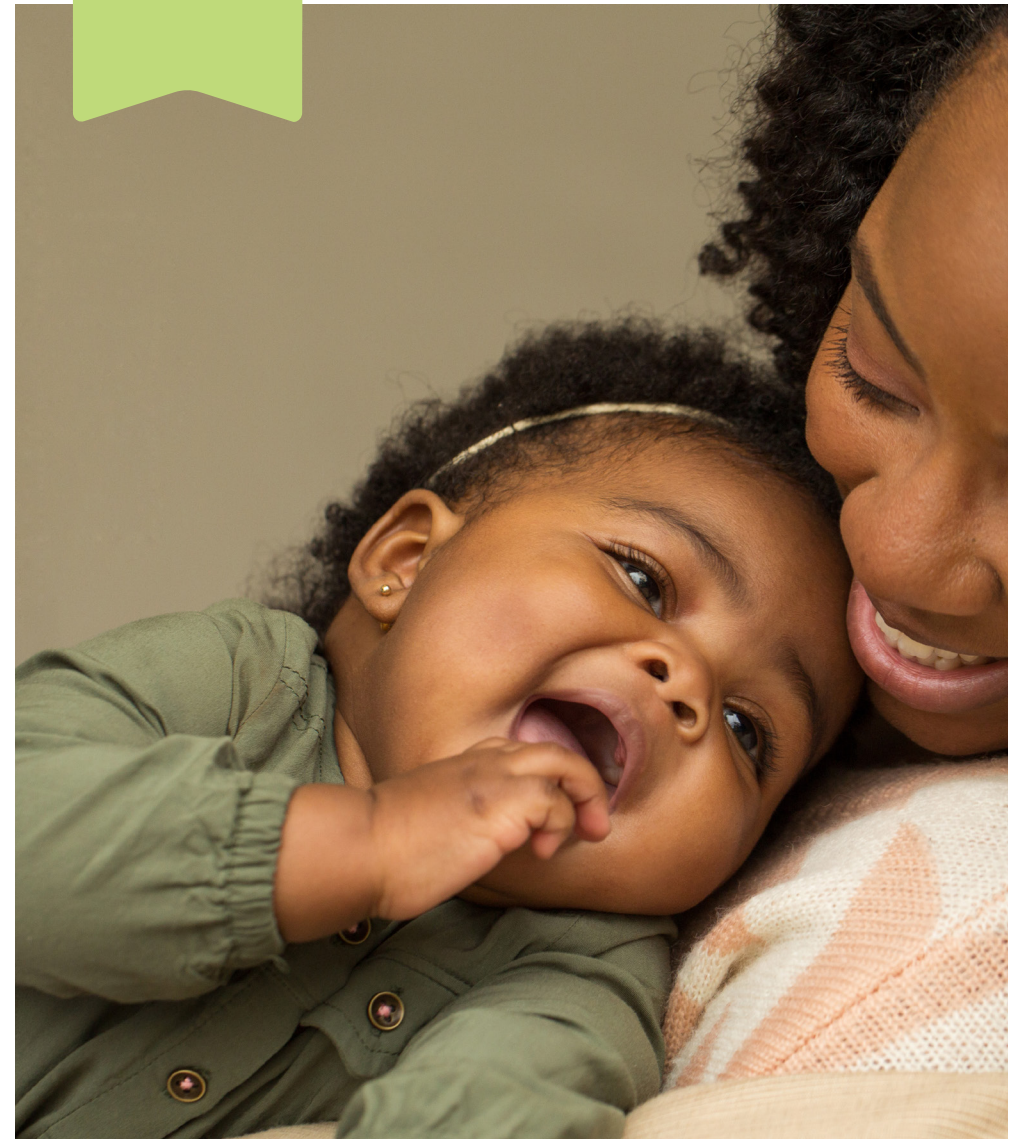
- 3-4 tablespoons of mashed or finely chopped meat or meat substitute, beans or lentils
- 4 tablespoons of chopped or mashed vegetables or fruit
- 2 crackers or 1/2 slice of bread
- Breast milk or 6 ounces of formula

#### Dinner

- 3-4 tablespoons of mashed or finely chopped meat or meat substitute, beans, lentils or tofu
- 3-4 tablespoons of chopped or mashed vegetables
- 3-4 tablespoons of soft fruit
- 2-3 tablespoons of potato, rice or noodles
- Breast milk or 6 ounces of formula

#### Bedtime

- Breast milk or 6 ounces of formula



# MY DEVELOPMENT

## 10-11 Months

### Communication

- I will use “*mama*” and “*dada*” as names
- I will begin to wave “*hi/bye*”
- I will enjoy playing games like peek-a-boo and pat-a-cake
- I like being read to everyday; picture books are especially helpful
- Singing songs and nursery rhymes are enjoyable and a good way to expand my language skills and make them stronger.
- I may begin to follow simple verbal directions, such as “*come here*”



### Physical and Emotional Development

- I will play back and forth games (example: while I sit on the floor, roll a ball to me and I will roll it back)
- I can pull myself to a standing position and walk along furniture; will take steps with one or both hands held
- I will enjoy banging on my toys on the floor or table
- I will attempt to find an object after watching you hide it
- Offer my toys which will encourage me to use both hands (blocks, shape sorters, drum sticks)

## 11-12 Months

### Communication

- I may say one word in addition to “*mama*” and “*dada*”
- I may recognize the name of 1 to 2 objects (such as ball, banana, puppy, car)
- Continue to sing songs and nursery rhymes with me on a daily basis
- I may begin to point towards an item that I want

### Physical and Emotional Development

- I will walk along with the help of furniture, holding on with only one hand; I may let go and stand (briefly) unsupported
- I may begin to take steps by myself (although many infants do begin to take steps prior to 12 months of age, it's not expected *until* 14 months)
- I should be able to throw a small ball or object with a forward arm motion
- I may place small objects in a container (like a small box or bowl), then dump it over to retrieve the items
- Give me lots of hugs, kisses, and praise me for good behavior
- Offer me crayons or pencils so I can make marks or scribble on paper
- I should have a neat pincer grasp with each hand (ability to pick up small objects with tips of index finger and thumb)

# WELL BABY VISITS AND VACCINES I NEED

My health care provider will check my development and growth at every well baby visit. I will attend a 12 month well baby visit, unless otherwise told by my health care provider. Call my doctor in between well baby visits if you are concerned about my health or development.

I will attend 12 month well baby visit and receive the following vaccines:

- Hepatitis B
- Hib
- Pneumococcal
- Polio
- Measles, Mumps, Rubella (MMR)
- Varicella
- Hepatitis A (recommended)

Children at 12 and 24 months of age should be tested for lead. If I have not been tested for lead, please talk to my nurse or health care provider. For more information regarding lead testing, please visit [www.michigan.gov/lead](http://www.michigan.gov/lead)

### Free Immunization Resource

Call toll free 1-800-CDC-INFO or visit [www.cdc.gov/vaccines/parents](http://www.cdc.gov/vaccines/parents)

# HOW I LIKE TO EAT

- Sit me upright in a high chair or booster seat to eat
- I can drink breast milk, formula and water from a cup. Offer me water in my cup throughout the day
- I can feed myself with a spoon, fork or my hands. I'll make a mess, but it will help me learn
- Continue to offer me a variety of healthy foods that don't include candy, desserts, or other sweet and salty snacks
- Avoid giving me dry, crunchy foods such as popcorn and nuts as they can be a choking hazard
- If you have not yet feed me to eggs, peanut butter, fish and wheat, now would be a good time to try. Introduce these foods before I am 1 year old to reduce food allergies. Be sure to wait 3-5 days in between new foods. If I am at high risk for food allergies, ask my pediatrician before beginning these foods
- For alternate sources of protein, consider offering me beans, lentils or eggs

