

Child Health PROMOTION

PARENT LEAFLET 9-12 MONTH REVIEW



Solihull Health Visiting Team

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Text Only

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<https://healthforunder5s.co.uk/>



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NHS

South Warwickshire
NHS Foundation Trust

Healthy Eating and Vitamins

10-12 month

Your baby should now be used to having 3 meals a day in addition to milk feeds. Breast milk or first infant formula is still important for energy and nutrients during the first year and should be their main drink until 12 months. You can continue breastfeeding for as long as you both want.

12+ month

By now your baby should be being offered a wide variety of different foods, and it should be their main source of nutrition. At 12 months old, they should be having 3 meals a day plus 2 healthy snacks in between. Your baby can now progress over to full fat cows milk as their milk drink. Dairy alternative milks can be offered apart from rice milk until over 5 years old. Try to offer your child at least 350ml (12oz) of milk a day, or 2 servings of foods made from milk, such as cheese, yoghurt or fromage frais.

Vitamins

A multivitamin (including A, C & D) is recommended for all babies from 6 months old, unless they are having more than 500ml/ 16-18 oz of infant formula milk.

Once the formula milk reduces, vitamins are advised.

Here are some useful links to support a healthy diet for your child, including portion sizes, picky eating, and Healthy Start Scheme



Links <https://www.firststepsnutrition.org/>
<https://www.healthystart.nhs.uk>
<https://www.nhs.uk/conditions/baby/weaning-and-feeding/fussy-eaters/>

Oral Health

Start brushing your baby's teeth as soon as they start to come through. Use a smear (size of a grain of rice) of age 0-2 toothpaste with a baby-sized toothbrush.

Don't worry if you don't manage to brush much at first. The important thing is to get your baby used to brushing their teeth as part of their daily routine and should be done twice a day.

We recommend registering with a dentist and a trip by their first birthday, even if they don't have any teeth by then.

You should begin offering an open or free-flowing cup and moving off the bottle by the age of 12 months. This is advised as the teats encourage infants to suck for long periods of time, meaning the drinks that cause tooth decay stays in contact with your child's teeth for a longer time.

Dummies should be discouraged after 12 months as prolonged use can encourage an open bite and other dental problems.

Links

<https://www.nhs.uk/live-well/healthy-body/kids-teeth-sweets-fizzy-drinks-faqs/>
<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids>
<https://www.nhs.uk/service-search/find-a-dentist>



Immunisations

Immunisations are important to ensure that your child stays healthy and well. If your child is not currently up to date with their immunisations, please contact your local GP surgery to book them. The next immunisations (Hib/MenC & MMR) will be given at 12 months old. If you would like more information about childhood vaccinations speak with your local GP practice.

Links

<https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>
<https://www.gov.uk/government/publications/the-complete-routine-immunisation-schedule>

Home Safety

Once infants learn to crawl and walk, they may try to climb onto things which increases the risk of falling. Ensure that you have stair gates fitted, corner protectors fitted to sharp edged furniture, and locks on cupboards and windows. There are also a number of other dangers within the home that can cause injury to a small child. Here are some of the main hazards in the home.

- Accidental Poison (washing tablets, medication)
- Burns and scalds
- Strangulation on wires and blind cords
- Trips and Falls
- Drowning in bath, garden pools
- Choking
- Ingestion of magnets, button batteries

Top Tip - Get down on the floor or to your child's level to see what hazards could be a potential danger in your home.

Car Safety

When using a car seat ensure it is age and weight suitable, that it meets the UK safety guidelines and is fitted correctly. It is advised that during colder winter months that you remove bulky outer clothing before strapping your child in their seat and use a blanket instead.

Links

- <https://www.rospa.com/>
- <https://www.capt.org.uk/>
- <https://www.nhs.uk/conditions/baby/first-aid-and-safety/safety/baby-and-toddler-safety/>
- <https://www.childcarseats.org.uk/>



Communication

When babies are learning the amazing skill of talking, it's not just about mastering sounds. Little ones also have to learn to listen, look, take turns, use gestures and expressions appropriately and understand and respond to what others say.

Top Tips

- Get down to their level and follow their lead while playing together and turn taking
- Take turns to make noises or speak, you can respond to their babbling by copying back their sounds
- Make reading, singing and playing fun by using lots of actions, facial expression and different voices
- Talk to your child in short, simple sentences using objects for reference
 - Make everyday routines fun! Use actions along side the words like 'bye' 'all gone'



Screen Time

It is recommended that children under the age of two avoid screen time unless video chatting with family and friends. Children over two should be limited to one hour per day of high-quality programming with an adult also viewing and engaging with them. Even though there are some great educational apps and videos available, it is really important that young children learn how to read facial expressions, body language, and other social cues from the people and environment around them.

Too much screen time can mean children miss out on opportunities to learn, such as floor play, social contact, and turn-taking. These interactions with people and the environment are very important to child development, including communication, problem solving and personal and social skills.



Links

- <https://hungrylittleminds.campaign.gov.uk/#6>
- <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/look-say-sing-play/>
- <https://www.bbc.co.uk/tiny-happy-people>
- <https://literacytrust.org.uk/programmes/first-words-together/>

Returning to Work

Returning to work after maternity leave can be overwhelming and filled with mixed emotions. It is important that you speak with your employer prior to your return so that any anxieties you may be feeling can be discussed, including phased return, flexible or part-time working, and expressing during working hours.

If you are using a childcare provider to care for your baby, It is important to plan ahead and book your baby's settling in sessions in advance as sometimes it can take a period of time for them to become familiar with their new environment and routine



Playgroups

Playgroups/ stay and plays provide a great environment for your child to play, explore, learn and socialise with other children of a similar age.

They also enable you to socialise with other parents, sharing support & advice with each other.

You can find local groups running in your community on the link below or our Instagram page @solihullhvs

<https://socialsolihull.org.uk/localoffer/family-information-service-directory/>

Why is play important?

Play is one of the main ways in which babies learn and develop. Young infants can develop many skills through the power of play and positive interactions with others. Play helps develop language skills, emotions, creativity, and social skills.

Play also helps to nurture and through this, they can learn essential skills such as problem-solving, working with others, and sharing as they grow older.



Introducing Swimming

The perfect start for you and your baby is to attend family swim sessions at your local swimming centre which allows your child to get used to being in the water.

If you choose to attend baby swimming lessons, they should be run by a qualified Swim England teacher.

These sessions start to teach your child the basic skills they need to learn to swim including how to move in water, and also helps to give you more confidence in supporting your child in the water.

<https://www.swimming.org/poolfinder/>

Check out the link to find your local swimming centre or Baby Swim Classes

Links

<https://www.solihull.gov.uk/children-and-family-support/daycare>

<https://www.childcare.co.uk/search/Nurseries/Solihull/Ofsted-Registered>

https://socialsolihull.org.uk/localoffer/family-information-service-directory/wpbdp_category/babies-toddlers-and-children-under-5/

<https://www.booktrust.org.uk/what-we-do/programmes-and-campaigns/bookstart/>

Links

<https://www.solihull.gov.uk/children-and-family-support/daycare>

Libraries

It's never too early to start enjoying simple picture books with your baby. It's a wonderful way to build a loving relationship, increase their language skills and help them develop a lifelong love of reading. Joining your local library is free, and several are now running storytimes, rhyme time and other events.

Check out the link below to find your local library and view storytime and rhyme time session times.

<https://www.solihull.gov.uk/Libraries/Children-and-young-peoples-library>



Bookstart

Bookstart is the national programme that provides free reading packs for all babies and pre-school children.

Babies (before they are 12 months old) will get a pack containing free books as well as other fun resources from the Health Visiting Team.

They will receive a free pack again at aged 3-4 years from their nursery or school setting.



Sleep

Some babies sleep much more than others. Some sleep for long periods, others in short bursts. Getting them into a simple, soothing bedtime routine can be helpful for everyone and help prevent sleeping problems later on. The routine could consist of:

- Having a bath
- Changing into a sleepsuit and a fresh nappy
- Reading a bedtime story
- Dimming the lights
- Using a musical mobile or singing
- Brushing their teeth
- Giving a goodnight kiss and cuddle

Too much excitement and stimulation just before bedtime can wake your baby up again. Spend some time winding down and doing some calmer activities, like reading.

Screen time can affect sleep. Sleep is vital for children's growth, and they need enough sleep to function well, concentrate and feel good. Screens give off a blue light which can reduce the amount of a hormone (melatonin) that makes us feel sleepy. This means that screen time, especially before bed time, can make children stay awake longer and miss out on precious sleep hours.

zzz

Be prepared to change routines as your baby grows and enters different stages. And remember, growth spurts, teething, and illnesses can all affect how your baby sleeps. Babies will often sleep for around 12 to 15 hours in total during a day.

Links

<https://healthforunder5s.co.uk/sections/baby/stress-free-sleep-for-you-and-your-baby/>

<https://www.basisonline.org.uk/>

<https://www.nhs.uk/conditions/baby/health/sleep-problems-in-young-children/>

Illnesses

It is normal for young infants to pick up coughs, colds, and other common illnesses. This is because there are hundreds of different viruses and young children have no immunity to any of them as they have never had them before. They will gradually build up immunity and get fewer colds and viruses as they grow older.

If your child has a fever, is showing signs of pain or discomfort, and are unable to be soothed, children's paracetamol may be given following the age-appropriate guidelines on the bottle. Paracetamol can be harmful if given frequently. If you are unable to manage your child's fever, they are not drinking fluids or passing urine regularly or are having difficulty breathing seek medical advice immediately by calling 111 or 999.

Links

<https://www.nhs.uk/conditions/baby/health/colds-coughs-and-ear-infections-in-children/>

<https://healthforunder5s.co.uk/sections/baby/minor-ailments-and-illnesses/>

Do you Know?

A normal temperature in babies and children is about 36.4C, but this can vary slightly. A high temperature or fever is usually considered to be a temperature of 38C or above.



Next Scheduled Contact

Unless we have scheduled a follow up, the next contact will be your child's development review between 2 and 2 and a half years.

If you need any support or have any queries or questions in between this time, please contact us. Our contact details can be found on the first page of this leaflet.

Our website also has a wealth of information and topics which you will hopefully find useful, please check it out!