



Welcome to Child Health Clinic

Today, the Public Health Nurse will offer to immunize, weigh and measure your child and answer your questions. If you have questions about you or your child, let us know below.

Do you have any questions about the following? *(check any)*

- Comforting my toddler during immunizations
- Feeding my toddler
- Tooth cleaning/visiting the dentist
- Growth and development
- Sleeping
- Communicating with my toddler
- Eyes/vision
- Ears/hearing
- Toddler's behaviour
- Being physically active
- Car seats
- Home safety
- Parenting/caring for my toddler
- Emotional health for parents/postpartum depression
- Relationships/support
- Second hand smoke/vapour products and how it affects my toddler
- Alcohol, cannabis, other substances and how they affect my toddler
- Quitting tobacco, vapour products, cannabis or other substances
- Anything else? _____

- I have no questions**

Telephone Support

HealthlinkBC	8-1-1
Free health information and advice line from a registered nurse, registered dietitian, qualified exercise professional or a pharmacist. Available 24/7	
Alcohol and Drug Information Referral Service	1-800-663-1441
Available 24/7	
310Mental Health Support	310-6789
(no area code needed) Available 24/7	
QuitNow	1-877-455-2233
Pacific Post Partum Support Society	1-855-255-7999
Monday – Friday, 10:00 am – 3:00 pm	
Text support:	604-255-7999
B.C. Poison Control Centre	1-800-567-8911

On-line Resources

Toddler's First Steps

<https://www.healthlinkbc.ca/pregnancy-parenting/toddlers-first-steps>

Feelings First

www.feelingsfirst.ca

HealthLink BC

<https://www.healthlinkbc.ca/pregnancy-parenting>

Parachute Canada (Safety)

<https://www.parachute.ca/en/injury-topics/>

Interior Health

www.interiorhealth.ca/YourHealth/Pages/default.aspx

First Nations Health Authority

<https://www.fnha.ca/what-we-do/maternal-child-and-family-health>

BC211

Free information and referral regarding community, government and social services in BC.

<https://bc.211.ca/>



12 Months: Tips for My Healthy Growth and Development

Physical and Social / Emotional Development

- Help me get at least 3 hours of activity, including energetic play, throughout the day. More is better.
- I learn through playing. I like to be active with you and spend time outdoors. Help me practice walking.
- I'm not ready for screen time before I'm 2 years old. My brain is still developing.
- Build a strong bond with me. Comfort me when I'm sick, hurt or upset.
- Spend time talking to me, listening to me and taking me places like the library or play groups.



Behaviours

- Bedtime routines help me to learn to go to sleep on my own.
- I need about 14 hours of sleep including my naps. I may sleep longer at night but may still wake up.
- I can have very big emotions and haven't figured out yet how to deal with them. Talk to me calmly about my emotions.



Feeding and Nutrition

- Continue to breastfeed me. It's recommended for up to 2 years or longer.
- If I'm no longer breastfed, offer me 2 cups (500 mL) whole fat cow's milk each day.
- I need 600 IU of vitamin D each day, from food and/or a liquid vitamin D supplement.
- Sit and eat with me. I learn language and social skills along with healthy eating habits by eating with you.
- Offer me a regular routine of 3 meals and 2-3 healthy snacks each day. Include a variety of protein and iron-rich foods, vegetables, fruit and whole grains.
- Let me feed myself. Let me decide what and how much to eat from the foods you offer me.
- I may need to see a food many times before I will try it.

Safety

- I may start to climb but I do not understand the idea of height. Install window guards and stops and keep furniture away from windows. Attach heavy furniture such as bookcases to the wall.
- Sleeping in my crib or my own bed is safest for me. Keep my crib away from windows and blind cords.
- Keep me rear-facing as long as possible in a child car seat that is appropriate for my weight and height. Do not rush to move me to the next stage of car seat.
- My growing body needs fresh air; keep me away from second-hand smoke and vapour from tobacco, cannabis and vapour products.

Vision, Hearing and Language

- If there is a family history of eye problems, take me to the eye doctor now, even if my eyes seem straight.
- Hearing helps me with my language development. My hearing can be tested at any age if you have concerns.
- Comment on what I'm interested in. When I point to something, say the name of the object or person, so I can hear the words that match what I'm thinking about.
- Respond to my babbling with the words I'm trying to say. Share books, songs and nursery rhymes with me every day. Wait for me to take a turn!

Healthy Smiles

- Brush my teeth 2 times per day 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.
- I'm ready for my first dental visit by the time I'm 12 months old.
- If I'm still bottle feeding, switch to a regular open cup. Offer only water between meals and snacks.

