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## Maternal and child health – visit 7 - twelve month visit

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### Summary

- This is your seventh key age and stage visit with a maternal and child health nurse in your local area.
  - Maternal and child health nurses work in partnership with families to care for babies and young children until they start school. The service is free for all Victorian families.
  - You will visit a maternal and child health nurse at 10 key ages and stages from birth to three and a half years.
  - Your nurse can help you with things like breastfeeding and feeding your child; sleep and settling, making sure your child is growing, learning and developing well; being a parent and looking after yourself.
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### What happens at my twelve month maternal and child health visit?

At this visit, your baby's growth, health and development will be reviewed. You will also be asked to answer **My Health, Learning and Development – green book**. It is under the Parents' Evaluation of Development Status (PEDS) section. Try to complete these questions before your visit.

This visit will focus on:

- addressing the PEDS questions in your green book
- helping your child to eat healthy food
- **taking care of your child's teeth**
- being sun smart (learning **how to protect your child from the sun**)
- how play helps learning and development
- family **relationships** and wellbeing
- **immunisations**
- social communication.

Remember, you and your nurse can talk about other issues or concerns if they arise.

### Don't forget your 'green book'

When your baby was born, you should have received a copy of **My Health, Learning and Development – green book**. This book belongs to you and your baby and is full of information about early child development, and services and support.

Make sure you take your green book with you each time you see your nurse so you can jot down any issues, and record information on your baby's growth and development.

If you don't have a green book, let your nurse know.

### What is my baby doing at this key age and stage?

At this key age and stage, your baby is becoming more social and loves to go for walks outdoors. They are learning to feed themselves and they enjoy sharing in family meal times.

They might be:

- waving 'bye bye'
  - saying one or two clear words
  - pulling to stand up, holding onto furniture
  - following simple instructions like 'come to mummy'
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- pointing to people or familiar objects.

### **What to tell your nurse**

Please tell the nurse if your baby is:

- NOT enjoying eye contact or cuddles with you
- NOT interested in sounds
- NOT letting you know what they want
- NOT seeming to understand you
- NOT crawling or standing holding on
- NOT pointing.

### **Activity ideas for this key age and stage**

Try some of these ideas to help your baby learn and develop:

- play music, sing and dance with them
- read books with them and help them to hold the book and turn the pages
- take them out and about – try your local library's free story time sessions
- talk to them about the things they look at and point to
- play with them at their level and laugh and be a bit silly!

### **Tip sheets for this visit**

- **[Healthy eating and play for toddlers 1-2 years \(pdf\)](#)** - Royal Children's Hospital, Melbourne, Victoria
- **[Baby teeth are important: tooth tips 12-18 months \(pdf\)](#)**, **[\(available in multiple languages\)](#)** from Dental Health Services Victoria

### **Where to get help**

- **[Your local maternal and child health service](#)**
- Your **[GP \(doctor\)](#)**
- **[Your local council early childhood and family services](#)**
- **[Maternal and Child Health Line](#)** Tel: **[13 22 29](#)** – available 24 hours a day for the cost of a local call throughout Victoria
- **[Aboriginal Health Service \(VAHS\)](#)** Tel. **[03 9419 3000](#)**
- **[Parentline](#)** Tel. **[13 22 89](#)**
- **[Translating and Interpreting Service \(TIS National\)](#)** Tel. **[131 450](#)** – available (24 hours, 7 days a week) for callers who speak other languages.
- **[National Relay Service](#)** (24 hours a day, every day) – Speak and listen Tel: **[1300 555 727](#)**, TTY Tel: **[133 677](#)**, SMS relay Tel: **[0423 677 767](#)**. **[Captioned, internet and video relay calls are also available through this service.](#)**

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Maternal and Child Health and Parenting

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