

Let's **GROW**

ISSUE 6



13-18 MONTHS

IMMUNIZATION

Is your child going to childcare or school? Public Health needs immunization records for all enrolled children. Ask if your healthcare provider reports immunizations to Public Health or [report them directly](#).

GROWTH & DEVELOPMENT

Healthy eating habits help your toddler grow and develop. Complete the [NutriSTEP screening tool](#) and get nutrition tips for your toddler.

PLAY

Enjoy being [more physically active](#) with your child. Have fun together with [activities and games](#). Learn more about [screen time](#) and young children





NUTRITION

Have questions about weaning or feeding?

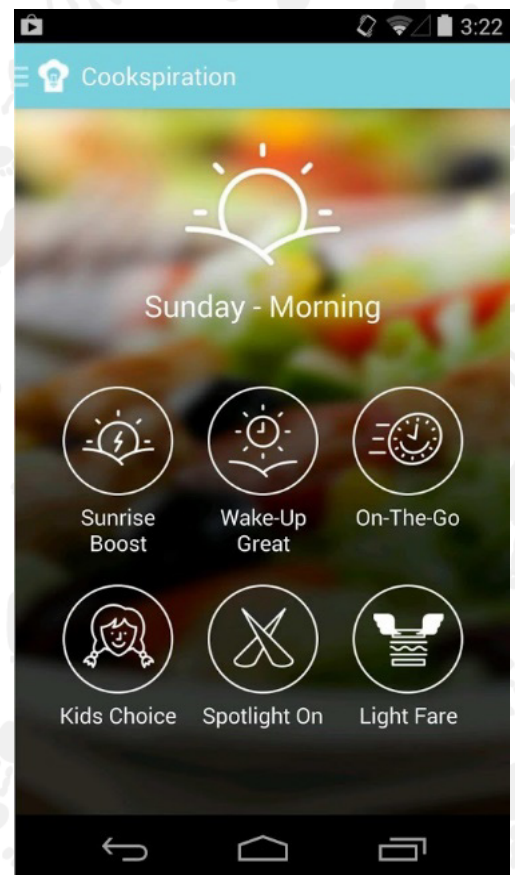
Having a routine for eating, sleeping and playing is crucial for proper growth and development. Healthy snacks can be part of that routine, offer fruits and vegetables and water to drink! Kids don't need sugary beverages like juice. Find some [healthy snack recipes](#) for the whole family.

SAFETY

It is time to reframe risk as an essential part of healthy childhood development. *Bubble-wrapped* children become afraid of failure and adverse to risk.

The surplus of safety has advanced so gradually that we don't even know it's there. [Unwrap your child. Let them play.](#)

Access this link for [more information on busy toddlers.](#)





MENTAL & SOCIAL WELLBEING

Does this expression look familiar? Help your child learn [*calming strategies*](#).

LOCAL RESOURCES

There are lots of local playgroups. Connect with a [*Bruce County*](#) or [*Grey County*](#) Early On Centre near you.



WE WANT YOUR FEEDBACK

Please give us your feedback in this very brief survey: [*https://www.research.net/r/letsgrownewsletter*](https://www.research.net/r/letsgrownewsletter)

To contact us or unsubscribe, please email: [*publichealth@publichealthgreybruce.on.ca*](mailto:publichealth@publichealthgreybruce.on.ca)

