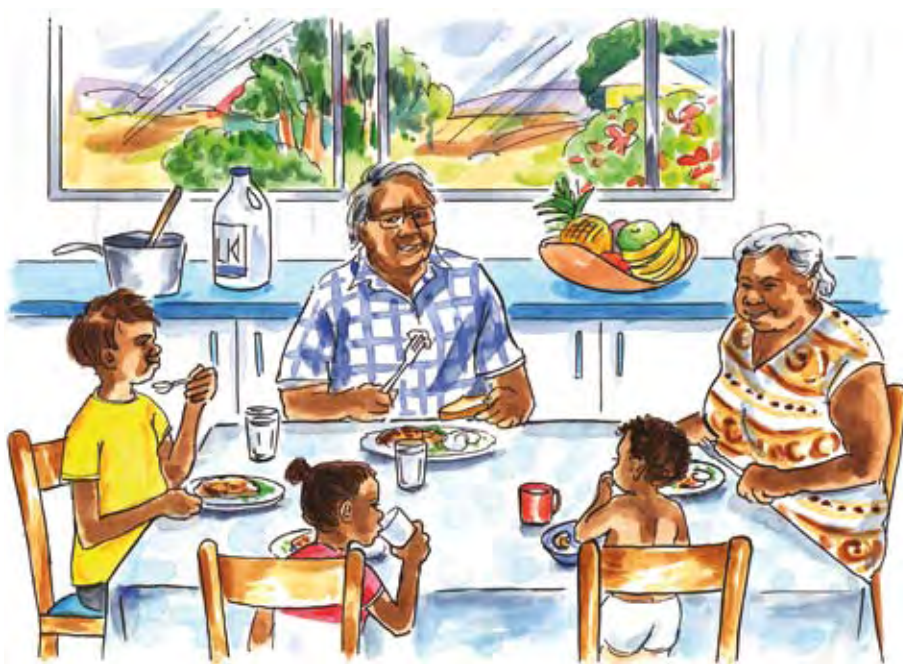


# Healthy food and drinks for your grandkids



## Breastfeeding

Breast is best for Baby – and for Mum. A newborn baby needs to feed very often, day and night.

*The more often  
Baby feeds, the  
more milk Mum  
will make.*



*Breastmilk will  
provide Baby with  
everything she  
needs until she is  
about six months.*

Breastmilk is good for Baby until she is two years old or older.

## Top-up feeds/ comp feeds

They can interfere with breastfeeding and cause Mum's milk supply to drop off.

Baby doesn't need 'top-up' feeds or 'comp' feeds with formula or cows' milk.

## Big babies

Baby needs only breastmilk until she is around six months old.

Big babies don't need 'top-up' feeds or early solids.

## Growth spurts

Breastfed babies have growth spurts when they just want to feed all the time.

*It doesn't mean that Mum doesn't have enough milk but Mum will need to feed more often for a few days.*



## Formula feeding

If Baby does not have breastmilk, she will need to have an infant formula until she is 12 months old.

Follow the instructions on the can.

- Don't put in extra to build Baby up.
- Don't use less to save money.
- Don't mix baby cereal or other foods into the formula.
- Only use bottles for breastmilk, formula or water.



## Fruit juice and sugary drinks

Fruit juice, sugary tea and other sugary drinks will rot Baby's teeth. Don't give Baby sugary drinks from a bottle or from a cup.



Baby should learn to drink water from a cup from when she is about six months old.

## Cows' milk or powdered milk

While Baby is young, cows' milk and powdered milk can hurt Baby's guts, give her weak blood and put a strain on her kidneys.

Baby can have cows' milk or powdered milk after she is one year old.

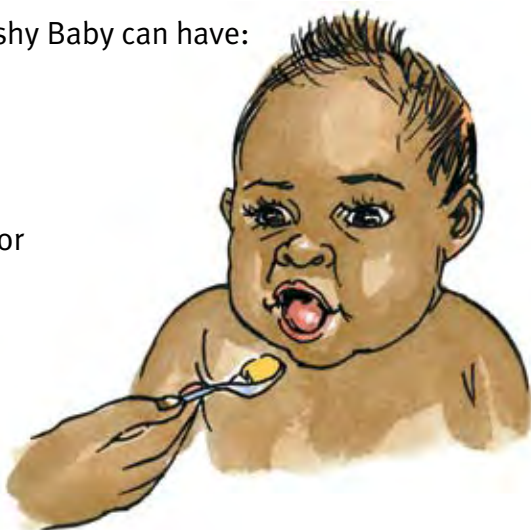
## When to start first foods

Baby will need to start solid food at around six months. Baby will still need breastmilk as well.

## What kind of first foods

As long as it is soft and mushy Baby can have:

- Fruit
- Vegetables
- Meat – to give Baby iron for strong blood
- Fish (check for bones)
- Baby cereal (with added iron)



## Iron stoppers

Some foods stop Baby's body from taking in iron and this can give Baby weak blood.

Tea, cows' milk and powdered milk are iron stoppers.

## As the kids grow

- Get them to help you cook a healthy meal
- Show them how to grow veggies
- Take them fishing or hunting

*If you eat healthy food, the kids will learn to eat healthy too.*

Don't let the kids twist your arm into buying them soft drink or sports drinks and junk food!



**Queensland**  
**Government**  
Queensland **Health**

*Note: in this pamphlet we talk about Baby as 'she' but all the information in here also applies to boys!*

*For more information contact your local health worker*