

Healthy drinks for Baby



Breastmilk is the only food or drink babies need from birth until around six months of age.

- Baby can continue to have breastmilk until two years or older.
- At around six months of age she should start to have solid food.
- She should also learn how to drink from a cup.

Healthy drinks for Baby are just as important as healthy food.



- The best drink to give your baby, apart from breastmilk, is cooled boiled water.
- If your baby is not breastfed, she should have an infant formula until she is around one year old.



- From one year old, Baby can be given cows' milk or powdered milk. Baby does not need to have a 'follow on' infant formula. Spend the money on healthy foods instead.

- If Baby uses a bottle, fill it only with expressed breastmilk or infant formula. If the weather is hot, you can give her water from a bottle or cup.



- Don't let Baby fall asleep with a bottle – even if it is formula – or she can get ear infections.

Some drinks are not good for Baby

- Cows' milk or powdered milk
- Tea

Do not give
Baby cows' milk
or powdered milk
before she is one
year old.



This milk can:

- give Baby weak blood
- hurt her kidneys.



Don't give Baby
tea to drink.
Tea can give her
weak blood.

Sugary drinks

Don't give Baby sugary drinks like soft drink, fruit juice, cordial, sports drinks or energy drinks.

Sugary drinks can make children too fat – milk or water are the best drinks.



- Sugary drinks will rot Baby's teeth.

Looking after Baby's teeth

- Don't clean teats or dummies by putting them in your mouth. This will pass germs from your mouth to Baby.



- Don't add honey to Baby's drink, food or dummy. In fact, try not to use a dummy at all.

- To keep Baby's teeth clean wipe a soft cloth over her teeth and gums or you can use a small, soft toothbrush very gently (Baby doesn't need toothpaste).



- Encourage everyone in your family to clean their teeth to help protect them from tooth decay.



**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