

Healthy drinks for Baby



Growing Strong Feeding you and your baby

Great state. Great opportunity.



Queensland
Government

*Breastmilk is
the only food or drink
Baby needs from
birth until around six
months of age.*



- At around six months of age Baby should start to have solid food.
- Baby should continue to have breastmilk until one year old.
- Continue to breastfeed for longer than one year if you and Baby want to.
- Baby should also learn how to drink from a cup.

- The best drink to give Baby, apart from breastmilk, is cooled boiled water.
- If Baby is not breastfed, give an infant formula until one year old.



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

- If Baby uses a bottle, fill it only with expressed breastmilk or infant formula. Give cooled boiled water from a bottle or cup between feeds.
- Baby should not fall asleep with a bottle – even if it is formula – it can cause 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 one year old.



Cows' milk and tea can:

- give Baby weak blood
- hurt the kidneys.



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

Sugary drinks

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

- Sugary drinks will rot Baby's teeth and can make Baby overweight.



Sugary drinks will rot Baby's teeth - milk or water are the best drinks.

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

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.

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For more information contact your local health worker
or call 13 HEALTH (13 43 25 84).



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