



Great state. Great opportunity.



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.

1

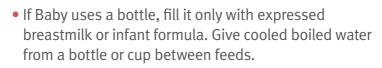


- The best drink to give Baby, apart from breastmilk, is cooled boiled water.
- If Baby is not breastfed, give an infant formula until one year old.



• 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.

2



• 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.



Healthy drinks for Baby

Cows' milk and tea can:

- give Baby weak blood
- hurt the kidneys.



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

5

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.



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.



6

Healthy drinks for Baby

• 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).



Growing Strong Feeding you and your baby

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



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