

Healthy habits for growing minds and bodies

**1 to 2
years**

Healthy eating gives your child energy to play, grow and learn

Movement and sleep for a healthy brain and body



Offer a variety of foods from the 5 food groups

Include foods with different colours and textures. With a new food, you might have to offer it many times before they try it. Young children don't need added sugar or salt.



Help your child learn to feed themselves with different types of family foods

Eating and cooking together encourages kids to try new foods and develops social skills.



Set up mealtime routines

Let your child choose if they want to eat, how much, and which foods they want from the ones offered. Eating together can help children learn healthy eating habits.



You can continue to breastfeed for 12 months or more

If you're not breastfeeding, offer your child full fat cow's milk. After 12 months, they don't need infant or toddler formula.



Drink water and milk from a cup

Water and milk are best for children's health and teeth. Aim to stop using bottles by 12 months.



Brush teeth in the morning and before bed

This helps kids grow healthy teeth and gums to smile, eat, talk and socialise.



Young children need plenty of sleep to grow, learn and develop

Aim for 11 to 14 hours of sleep (including naps) each day with a regular bedtime routine.



Aim to be active for at least 3 hours each day, including energetic play

Movement and play are good for mood and sleep. They also help with skills like balance and coordination. The more active play, the better.

Try activities that get the family moving, like dancing or active games.



No screen time is best for young children

Reading, singing, puzzles or stories are fun ways to help your child learn and develop.

For more healthy habits, scan the QR codes



Healthy, low cost recipes



Free programs for the whole family



Raising Children Network – advice for all ages

