

Information is relevant for children aged

12-24 months

8 Healthy Habits

Offer a variety of healthy foods including fruits and vegetables

You may need to offer a new food many times. If the food isn't liked the first time, try again later.

Sleep and rest are important

11-14 hours of sleep, including naps with regular sleep and wake-up times.

No screen time

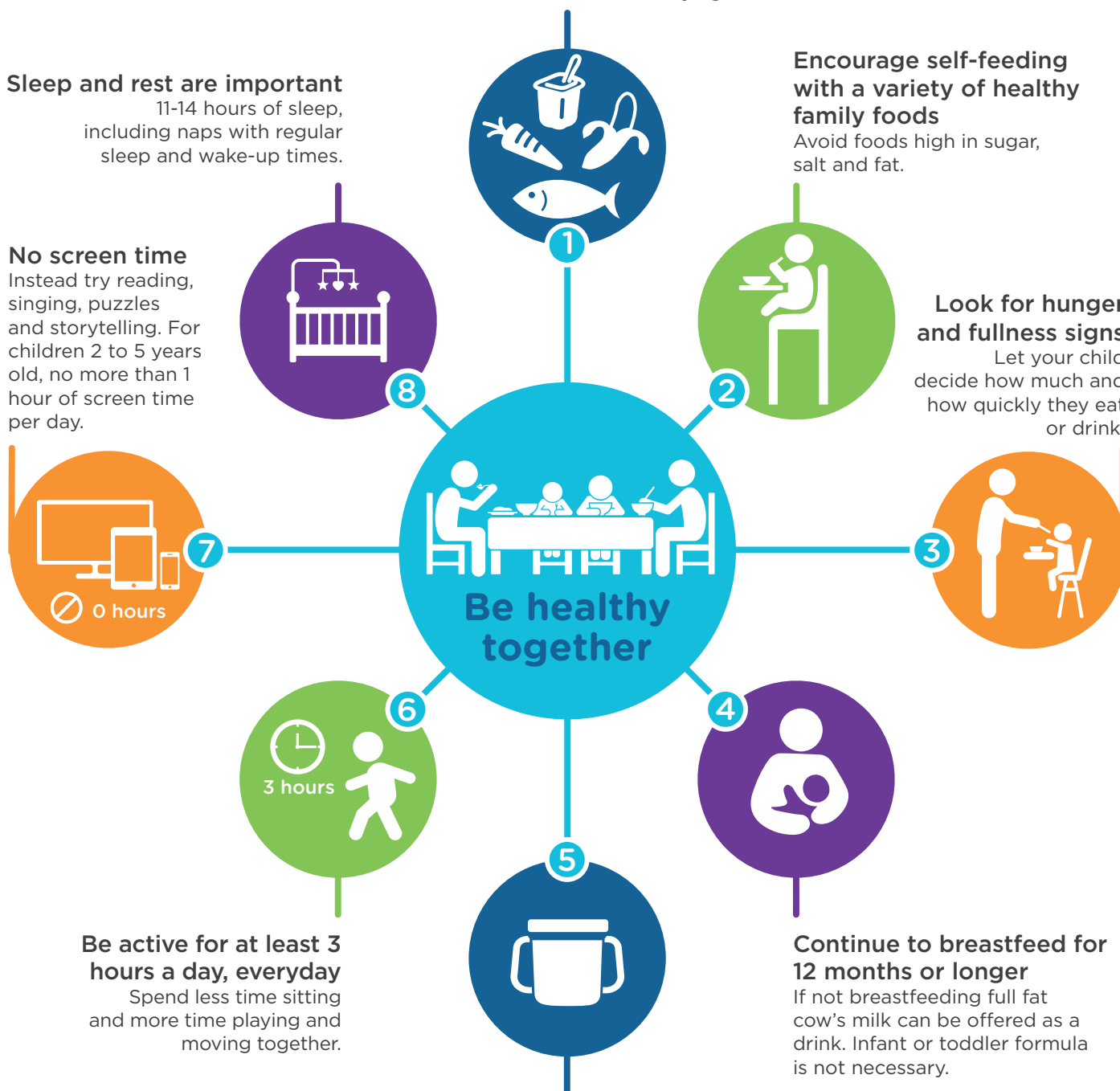
Instead try reading, singing, puzzles and storytelling. For children 2 to 5 years old, no more than 1 hour of screen time per day.

Encourage self-feeding with a variety of healthy family foods

Avoid foods high in sugar, salt and fat.

Look for hunger and fullness signs

Let your child decide how much and how quickly they eat or drink.



Be healthy together

Be active for at least 3 hours a day, everyday

Spend less time sitting and more time playing and moving together.

Continue to breastfeed for 12 months or longer

If not breastfeeding full fat cow's milk can be offered as a drink. Infant or toddler formula is not necessary.

Drink water and milk from a cup

It is not recommended to use baby's bottles after 12 months. Avoid juice, soft drink, flavoured milk, tea or cordial.



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for professionals

For more healthy habit tips visit makehealthynormal.nsw.gov.au

For health professional resources visit pro.healthykids.nsw.gov.au