

Information is relevant for children aged

12-24 months

8 Healthy Habits

Offer a variety of healthy foods including vegetables and fruit

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

Ideally, 11-14 hours of good quality sleep in a 24-hour period, including naps with regular sleep and wake-up times.

Encourage self-feeding with a variety of healthy family foods

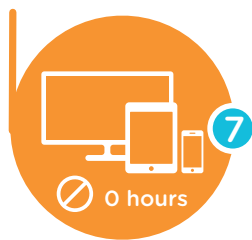
Avoid foods high in sugar, salt and fat.

Look for hunger and fullness signs

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

No screen time

Instead try reading, singing, puzzles and storytelling.



Be active for at least 3 hours a day, everyday

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

You may 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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