

8 Healthy Habits

Breastmilk is all a child needs for the first 6 months

If not breastfeeding, infant formula should be used.

Sleep and rest are important

Ideally, total good quality sleep in a 24-hour period, including naps:
0-3 months: 14-17 hours;
4-11 months: 12-16 hours.

Look for hunger and fullness signs

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

Start solids at around 6 months

Look for signs your child is ready and continue breastfeeding or infant formula after the introduction of solids.

No screen time

Instead try reading, singing, puzzles and storytelling.



Encourage tummy time

0-8 months: Start with one minute and build up to at least 30 minutes of tummy time throughout the day.
8-12 months: Encourage movement throughout the day. Try floor play, rolling and crawling.

Offer healthy foods in a variety of colours and textures

Iron-rich and homemade foods are best. Do not add sugar, honey or salt.

Start offering a cup from 6 months

You can offer water, expressed breastmilk or infant formula from a cup. Aim to stop all bottles by 12 months.

