

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

Total sleep including naps:

0-3 months: 14 to 17 hours

4-11 months: 12 to 16 hours.

Try swaddling and rocking to settle instead of feeding to sleep.

Avoid feeding to sleep.

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.



1



2



3

6 months



Be healthy together



7

0 hours



6



4



5

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

Homemade food is best, do not add sugar, honey or salt.

Start drinking from a cup

From 6 months, offer water, breastmilk or infant formula from a cup. Aim to stop all bottles by 12 months.



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Weight management resources for health professionals

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

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