

8 Healthy Habits

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.

Sleep and rest are important

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

No screen time

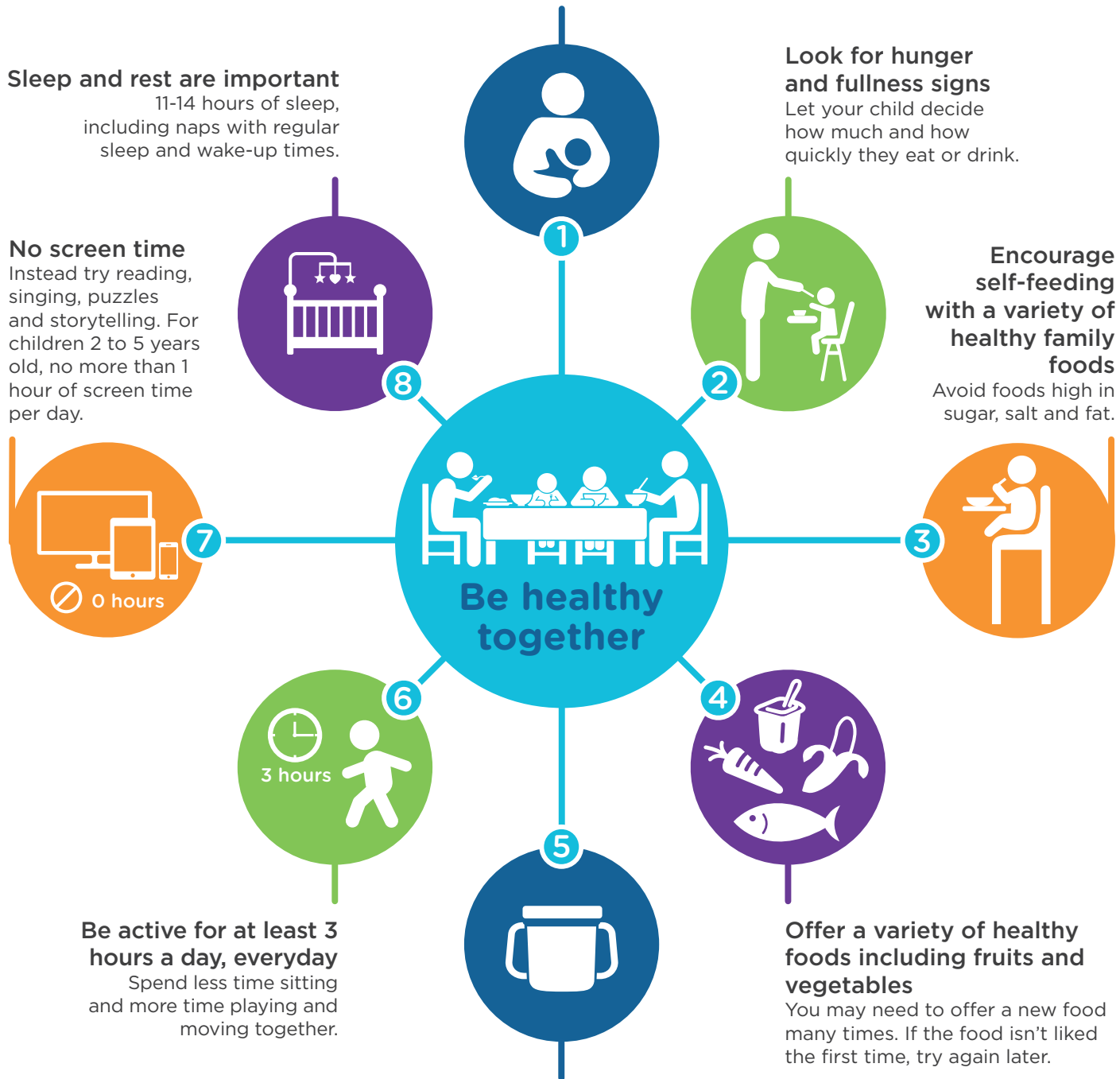
Instead try reading, singing, puzzles and storytelling. For children 2 to 5 years old, no more than 1 hour of screen time per day.

Look for hunger and fullness signs

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

Encourage self-feeding with a variety of healthy family foods

Avoid foods high in sugar, salt and fat.



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
Weight management resources
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For more healthy habit tips visit
makehealthynormal.nsw.gov.au

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