1. Breastmilk is all a child needs for the first 6 months. If not breastfeeding, infant formula should be used.

2. Look for hunger and fullness signs. Let your child decide how much and how quickly they drink or eat.

3. Start solids at around 6 months. Look for signs your child is ready and continue breastfeeding or infant formula after the introduction of solids.

4. Offer healthy foods in a variety of colours and textures. Homemade food is best, do not add sugar, honey or salt.

5. 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.

6. 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.

7. No screen time. Instead try reading, singing, puzzles and storytelling.

8. 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.

For more healthy habit tips visit makehealthynormal.nsw.gov.au
For health professional resources visit pro.healthykids.nsw.gov.au