8 Healthy Habits

1. 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.

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

3. Encourage self-feeding with a variety of healthy family foods
   Avoid foods high in sugar, salt and fat.

4. Offer a variety of healthy foods including fruits and vegetables
   You may need to offer a new food many times. If the food isn't liked the first time, try again later.

5. 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.

6. Be active for at least 3 hours a day, everyday
   Spend less time sitting and more time playing and moving together.

7. 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.

8. Sleep and rest are important
   11-14 hours of sleep, including naps with regular sleep and wake-up times.

Information is relevant for children aged 12-24 months

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