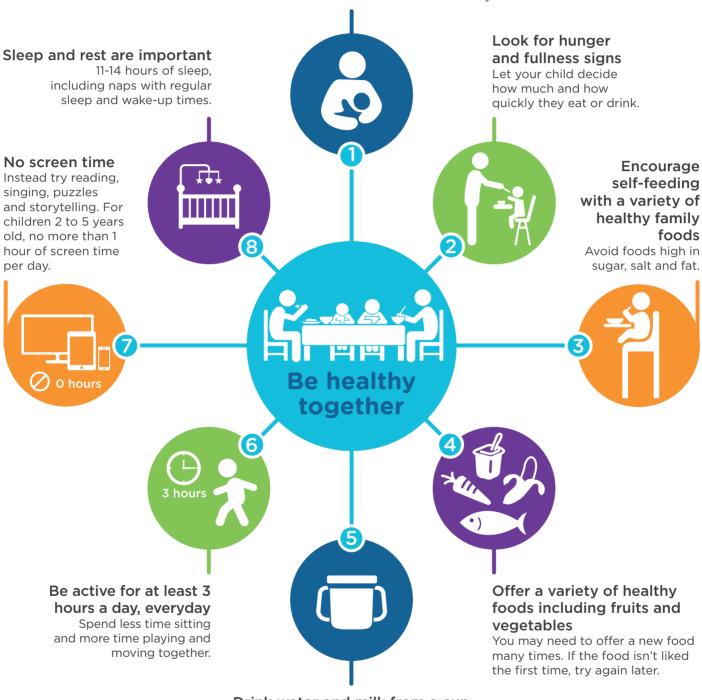
8 Healthy Habits

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.



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.



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

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