Information is relevant for children aged 12-24 months

8 Healthy Habits

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.

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

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

3. 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.

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

5. 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.

6. 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.

7. Be healthy together
   3 hours

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

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