

# Healthy habits

## for the best start in life

**0 to 12 months**

### Feeding habits to support healthy growth and development



#### Breastmilk is all a baby needs for the first 6 months

If not breastfeeding, use infant formula.



#### Start solids around 6 months

Look for signs your baby is ready, like reaching out for food or opening their mouth when you offer food on a spoon. Learn to read your baby's signs of hunger and fullness. Keep giving them breastmilk and/or infant formula.



#### Offer a variety of foods from the 5 food groups

Offer your baby foods with different colours and textures. Start with iron-rich foods like meat, fish, eggs, beans, leafy green vegetables and cereals with added iron. Babies don't need added salt or sugar.



#### Offer drinks from a cup from 6 months

Offer expressed breastmilk, infant formula or boiled, cooled water from a cup. It's good for babies to stop using bottles by 12 months.



#### Set up mealtime routines

Offering meals around the same time each day helps set up a routine. Let your child choose if they want to eat, how much, and which foods they want from the ones offered. Eating together can help build healthy eating habits.



#### Brush teeth as soon as they appear

Brush twice a day with water and a soft infant toothbrush.

### Movement and sleep for a healthy brain and body



#### Babies need plenty of sleep each day. Aim for:

**0 to 3 months:** 14 to 17 hours including naps.

**4 to 11 months:** 12 to 16 hours including naps.

Your baby's mood and wellbeing can be a good way to tell if they are getting enough sleep.



#### Encourage tummy time and play each day

Start tummy time soon after birth. Aim for 1 to 2 minutes a day in the first few weeks. Build up to 30 minutes or more throughout the day.

Playing helps babies move, learn and communicate. Try floor play, rolling and crawling.



#### No screen time is best for babies

Reading, singing, puzzles or stories are fun ways to help your baby learn and develop.

For more healthy habits, scan the QR codes



Breastfeeding information



Babies 0 to 3 months



Babies 3 to 12 months

