

# FEEDING YOUR BABY

Birth to 24 months



## Milk and Drinks

- Breastfeeding is recommended from birth to 12 months and beyond as long as mum and baby are happy to continue
- Reduced fat milk can be given from 2 years, (skim milk not before 5 years)
- Avoid fruit juice – water from a cup and real fruit is better for your baby!
- From 12 months, cow's milk can be given in a cup. There is no need for 'toddler' formula in a healthy child

### Signs that your baby is getting enough breast milk include:

- Generally content after a feed. In the early months, it is normal for your baby to have one unsettled period each day and may want to breastfeed more often.
- In the early weeks, baby will have 6 or more wet nappies each day. Urine is a clear pale yellow colour.
- Bowel motions are soft and occur many times in the first 6-8 weeks. Baby is alert and active with good skin colour.

For more information refer to **'Breastfeeding your baby'** booklet by NSW Ministry of Health or download a copy from the NSW Kids and Families website [www.kidsfamilies.health.nsw.gov.au](http://www.kidsfamilies.health.nsw.gov.au)

**Need Help?** Don't hesitate to seek help from family, friends and your Child and Family Health Nurse or call the **Karitane Careline** on **1300 CARING (1300 227 464)**

## When to Start Solid Foods

Exclusive breastfeeding is recommended to around 6 months. Introducing solid foods from around 6 months is necessary to meet your baby's nutritional and developmental needs.

Your baby is ready to experiment with a variety of foods other than milk when:

- The "tongue-extrusion" reflex (that pushes food out of the mouth) has disappeared
- They can sit upright when supported and have good head and neck control
- Showing an interest in others eating
- Having good role models for eating and enjoying food will encourage your child to learn healthy eating habits.

## What to Give at 6-12 month

Start with iron rich foods such as iron fortified cereals, meat, poultry, fish, vegetables, fruits, legumes and tofu.

Foods can be introduced in any order and in amounts that suit your baby, until they are eating a wide variety of family foods from the 5 food groups (see over). More than one new food can be introduced at a time.

Offer small, frequent meals and allow your baby to decide when they have had enough. Don't push them to eat more than they want. Signs that your baby has had enough are: Turning or looking away, pushing food out of their mouth, closing their mouth, playing with or throwing food.

Remember at this early stage that milk is still an important part of your baby's diet

## Variety and Texture for 6-12 month

- Start by offering pureed family foods
- Progress to mashed, then minced foods
- By 8 months your baby will enjoy finger foods
- Let your baby experiment with food, offering a variety of food types and colours. This may take a few attempts before they accept some foods
- Getting messy, spitting out food and gagging is normal as your baby learns how to eat (the gag reflex helps prevent your baby from choking)






## FOOD SAFETY

- Stay with your baby at meal times
- Use a harness in high chairs
- For infants under 12 months, avoid whole nuts, seeds, hard fruit, hard vegetables, honey and raw eggs
- Avoid herbal teas and soft drinks

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## Recommended Daily Serves From 12- 24 months

Breads, Cereal, Rice, Noodles & Pasta		40g	4	1 slice bread ½ cup breakfast cereal ½ cup cooked rice/noodles/pasta 4 small bite sized cracker biscuits
Vegetables & Legumes		75g	2-3	salad vegetables cooked vegetables 1 small potato/mashed potato cooked beans, peas, lentils
Fruit		150g	½	½ medium piece of fruit / 1 piece small fruit ½ cup tinned fruit
Milk & Dairy products		250g	1 - 1½	1 cup milk (250ml) 1 tub (¾ cup) yoghurt (200g) 2 slices of cheese (40g) 1 cup custard (250ml)
Meat & Meat Alternatives		65g	1	cooked meat, chicken or fish (e.g. ¼ cup mince) 1 thin slice of roast or cold meat 1 egg ¼ cup cooked beans/lentils

Source: NHMRC (2013) *Eat for Health, Australian Dietary Guidelines—Summary*, p43

### Top tips for healthy eating habits

- Encourage your child to be active
- Offer a variety of nutrient rich foods
- Start the day with a good breakfast
- Limit the amount of fats in foods
- Avoid added sugar & salt in foods
- Drink plenty of water (over 12 months)
- Slow down, relax and enjoy family meal times together

### NEED HELP?

Regular growth checks by a child health professional are encouraged.

If concerned about your baby or toddler, see your Child & Family Health Nurse, GP or call our Careline on 1300 CARING (1300 227 464).

Updated May 2016 - FAM006.  
References available on request.  
Consumer Reviewed.

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### For Parenting information:

[www.karitane.com.au/mybabyandme](http://www.karitane.com.au/mybabyandme)

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