

# Feeding your baby

Feeding time doesn't have to be stressful - here are some ways to keep your baby happy and growing well.

During the first six months, your baby will only need breast or bottle milk. Breast milk is best for babies so talk to your early childhood nurse if you have any problems with breastfeeding.

If you are bottle feeding always check the quantity of formula is right, that bottles and teats are sterilised, and that the temperature of milk is safe before feeding.

At six months, introduce solids, starting with baby cereal and mashed fruit and vegetables. It is best to try one type of fruit or vegetable at a time and gradually increase variety.

As your baby begins eating two or three solid meals a day you can reduce milk bottle feeds. If your baby is thirsty try giving them cooled boiled water.

Try to introduce new foods when your baby is relaxed and not too hungry.

At eight months, you can introduce foods such as pieces of soft fruit and cooked

vegetables, grated cheese, yoghurt, stewed meat, pasta and boneless fish.

## Choking

Sit your baby up when feeding to prevent choking. Avoid small pieces of food like lollies, raw apple, pieces of meat, uncooked peas and carrots and popcorn seeds. Do not feed whole nuts to children under five.

## Teething

Your baby's first teeth may appear between six and 10 months. This may raise their temperature a little and make them irritable and cranky. Use teething gel or a teething ring to soothe them and a clean face cloth to wipe their teeth and face.

All babies are different so talk to a baby health nurse if you have any concerns.

*• Avoid honey, reduced fat milk, unpasteurised dairy products, salt, sugar or other flavourings, tea, fruit juice, soft drinks, goat's milk, soy milk and cow's milk. None of these are good for your baby unless advised by a doctor.*



Feeding babies can be messy – keep a bib and face cloth handy.



# Feeding your toddler

Helping your toddler progress from an infant diet to one that resembles the rest of the family's can be easy and fun with the right approach.

## Meal and snack time

Keep a regular eating routine and set a good example by sitting down for family meals together and eating the same healthy foods.

Kids usually love pasta with home-made sauce, mashed potato and pumpkin, boneless fish, small pieces of chicken and rice with peas and carrots. Remember fresh fruit and vegetables, dairy food like yoghurt and cheese, breads, pastas and cereals are important for growing up strong.

Serve your tot's food in a plastic dish with raised sides and give them a child-sized spoon and fork to eat with.

Give small portions and let your toddler tell you when they are hungry or full. Do not expect them to finish everything on their plate or force them to finish their food.

## Keep it calm

Toddlers love to play with their food – try to keep eating a calm experience. Praise your toddler when they eat well and start to use their spoon and fork.

Keep things fun and remember learning to eat is a messy business. Put a plastic cloth on the floor, get a bib and keep a face cloth handy.

Milk and water are the best fluids for your toddler, but you can also give them a diluted fruit juice at meal times.

## Choking

Make sure your tot is sitting and not running around when eating. Give them mashed food or food cut into small pieces such as cheese slices, thinly sliced apple or cooked, diced carrots.

Avoid hard chunks like meat sticks and popcorn or olives with stones.



NSW Department of  
Community Services

Remember - NO WHOLE NUTS for kids under five.