

# 8 Healthy Habits

**Breastmilk is all a child needs for the first 6 months**

If not breastfeeding, infant formula should be used.

**Sleep and rest are important**

Total sleep including naps:

**0-3 months:** 14 to 17 hours

**4-11 months:** 12 to 16 hours.

Try swaddling and rocking to settle instead of feeding to sleep.

Avoid feeding to sleep.

**Look for hunger and fullness signs**

Let your child decide how much and how quickly they drink or eat.

**Start solids at around 6 months**

Look for signs your child is ready and continue breastfeeding or infant formula after the introduction of solids.

**No screen time**

Instead try reading, singing, puzzles and storytelling.



**Start drinking from a cup**

From 6 months, offer water, breastmilk or infant formula from a cup. Aim to stop all bottles by 12 months.

**Encourage tummy time**

**0-8 months:** Start with one minute and build up to at least 30 minutes of tummy time throughout the day.

**8-12 months:** Encourage movement throughout the day. Try floor play, rolling and crawling.

**Offer healthy foods in a variety of colours and textures**

Homemade food is best, do not add sugar, honey or salt.