

TUCKER TALK TIPS

FEEDING YOUR BABY

MY MESSAGE TO YOU



WHY IS BREAST THE BEST FOR BABY?

- Breastfeeding is the traditional way
- Breast milk has all the right nutrients
- Breast milk protects your baby from infection
- Breastfeeding helps prevent asthma and diabetes
- Breastfeeding is hygienic
- Breast milk is always ready for your baby
- Breast milk is free

WHAT FOODS ARE BEST FOR YOU WHILE YOU ARE BREASTFEEDING?

Good food is important to keep you healthy and stop you from getting run down. Key nutrients include:



PROTEIN

is needed to make breast milk. Try to eat 2 serves of meat, chicken, fish, eggs or baked beans each day.



VITAMIN C

levels in breast milk can fall if you don't eat enough fruit and vegies. Try to have some with every meal and snack.



CALCIUM

is one of the main ingredients of breast milk. Try to have 3 serves of either milk, yoghurt or cheese each day.



WATER

is needed to replace the fluid used to make breast milk. Try to drink 2 litres of water each day.



Breastfeeding along with healthy eating and physical activity can help you get back in shape after giving birth!

FEEDING YOUR BABY

WHEN SHOULD SOLIDS BE INTRODUCED?

Your baby should start solids at **about 6 months**

- Before 6 months, breast milk or formula is the only food and drink that your baby needs.
- If you start solids **too early**, your baby can't digest the food and could get diarrhoea or choke.
- If you start solids **too late**, your baby may stop growing well and be low in iron.
- You know your baby is ready for solids if he/she:
 - is about 6 months old
 - can hold his/her head up without help
 - reaches out for food
 - opens his/her mouth when a spoon is offered.

WHAT ARE THE BEST FIRST FOODS FOR BABY?



BABY RICE CEREAL
mixed with breast milk or formula.



PUREED VEGETABLES
e.g. pumpkin, potatoes, sweet potato, carrot, cauliflower, broccoli.



PUREED FRUIT
e.g. apple, banana, peach, pear.



WATER
from a **cup** can be introduced from 6 months.

8 MONTHS

After 8 months, continue giving your baby fruit and vegies but add more variety such as:

- minced lean meat, chicken and fish
- mashed baked beans and lentils
- custard, yoghurt and cheese
- rice, pasta, wheat cereal and oats (porridge).

BREASTFEEDING

should continue until your baby is at least 12 months old.

- Your baby should not be given cow's milk to drink until 12 months.
- Cordial, juice and soft drink should not be given to babies.