

8 HEALTHY HABITS 12-24 MONTHS

HABIT 5



DRINK WATER AND MILK FROM A CUP

Why should my child transition to a cup from a bottle?

Drinking from a cup helps children develop motor skills and teaches them how to swallow a large mouthful of fluid instead of a slow stream.

When should I introduce cow's milk?

Pasteurised cow's milk may be introduced as a drink at around 12 months.

Why do kids need cow's milk?

Cow's milk is an excellent source of protein, calcium and other nutrients and is important for the development of strong bones and normal development.

How much dairy do children need?

A rough guide is 1 - 1.5 serves. The amount children eat varies from day to day. You are responsible for what, when and where your child eats and your child is responsible for how much they eat.

Learn more at picnicproject.com.au



How much is a serve?

1 cup (250mL) full cream cow's milk or calcium fortified milk alternative eg soy milk



2 slices (40g) cheese



3/4 cup (200g) yoghurt



If you are still breastfeeding, your child will receive some calcium from breastmilk so dairy requirements may be less.

What other food is rich in calcium?

The easiest way to get calcium is from dairy foods but there are other foods we can get it from for those who don't eat dairy foods. See examples below.

1/2 cup (100g) tinned salmon with mashed bones



100g firm tofu
Check label as calcium levels vary

