

## 8 Healthy Habits

### Offer a variety of healthy foods including vegetables and fruit

You may need to offer a new food many times. If the food isn't liked the first time, try again later.

### Sleep and rest are important

Ideally, 11-14 hours of good quality sleep in a 24-hour period, including naps with regular sleep and wake-up times.

### Encourage self-feeding with a variety of healthy family foods

Avoid foods high in sugar, salt and fat.

### Look for hunger and fullness signs

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

### No screen time

Instead try reading, singing, puzzles and storytelling.

### Be healthy together

### Be active for at least 3 hours a day, everyday

Spend less time sitting and more time playing and moving together.

### You may continue to breastfeed for 12 months or longer

If not breastfeeding, full fat cow's milk can be offered as a drink. Infant or toddler formula is not necessary.

### Drink water and milk from a cup

It is not recommended to use baby's bottles after 12 months. Avoid juice, soft drink, flavoured milk, tea or cordial.