

# 8 Healthy Habits

## 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.

## Sleep and rest are important

11-14 hours of sleep, including naps with regular sleep and wake-up times.

## No screen time

Instead try reading, singing, puzzles and storytelling. For children 2 to 5 years old, no more than 1 hour of screen time per day.

## Look for hunger and fullness signs

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

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

Avoid foods high in sugar, salt and fat.



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Be healthy together



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

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

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

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

## 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.