

Healthy food and drinks for your grandkids



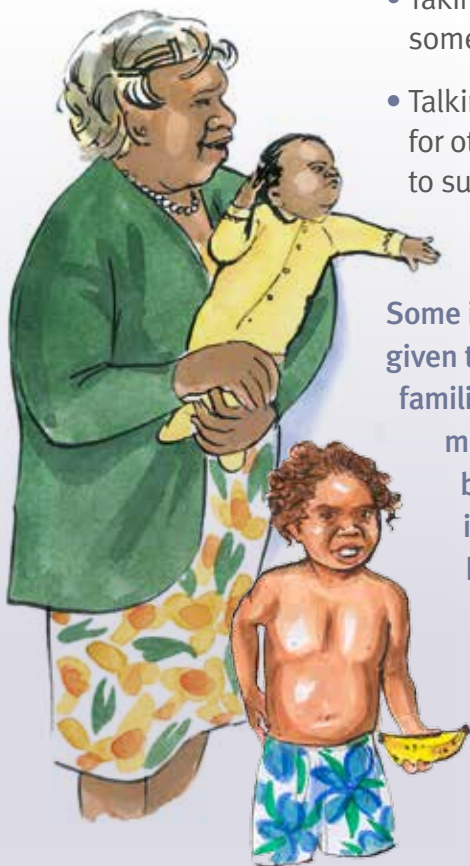
Growing Strong Feeding you and your baby

Great state. Great opportunity.

Grandparents play a really important role in supporting new parents.

Before Baby is born, Grandparents can help by:

- Encouraging Mum to eat healthy and be active.
- Talking to Mum and dad about deciding how Baby will be fed, before they are born. Breastfeeding is best for Baby and for Mum.



- Taking care of other kids sometimes so Mum can rest.
- Talking to your health worker for other suggestions on how to support Mum.

Some information that was given to grandparents and their families is different to what they may receive now. This is because more information is available about the healthiest way to feed babies and children.

Breastfeeding

Breast is best for Baby – and for Mum. A newborn baby needs to feed very often, day and night.



*The more often
Baby feeds, the
more milk Mum
will make.*

*Breastmilk
will provide Baby
with everything
they need until
six months.*

Babies should be
breastfed until one year
of age and longer if
Mum and Baby want to.

Top-up feeds/ comp feeds

They can interfere with breastfeeding and cause Mum's milk supply to drop off.

Baby doesn't need 'top-up' feeds or 'comp' feeds with formula or cows' milk.

Big babies don't need 'top-up' feeds or early solids.

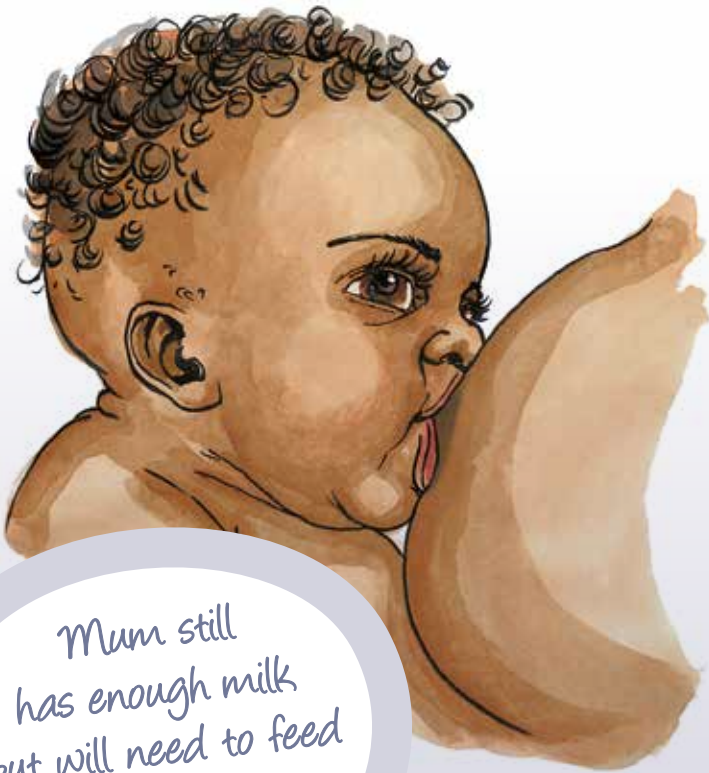
Big babies

Baby needs only breastmilk until around six months old.



Growth spurts

Breastfed babies have growth spurts when they just want to feed all the time.



Mum still
has enough milk
but will need to feed
more often for
a few days.

Formula feeding

If Baby does not have breastmilk, they will need to have an infant formula until 12 months old.

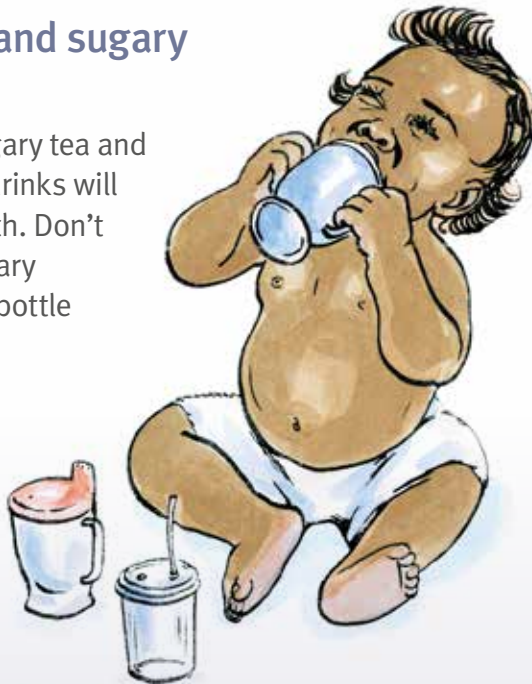
Follow the instructions on the can.

- Don't put in extra to build Baby up.
- Don't use less to save money.
- Don't mix baby cereal or other foods into the formula.
- Only use bottles for breastmilk, formula or water.
- Expressed breastmilk can be added into the formula.



Fruit juice and sugary drinks

Fruit juice, sugary tea and other sugary drinks will rot Baby's teeth. Don't give Baby sugary drinks from a bottle or from a cup.



Cows' milk or powdered milk

While Baby is young, cow's milk and powdered milk can hurt Baby's tummy, give them weak blood and put a strain on their kidneys.

Baby can have cows' milk or powdered milk to drink after one year old.

When to start first foods



Baby will need
to start solid food at
around six months.

Baby will still
need breastmilk
as well.

