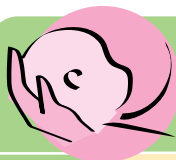




# What babies need



## Breast milk ...

Breastfeeding protects the health of both mother and child. If things aren't going well, a breastfeeding advisor can provide support.

## ... or bottle milk

If you can't or don't want to breastfeed, then give your baby infant formula. Always mix fresh, pour away any leftovers.



## Baby food

Babies are ready for baby food once they can hold their head up, sit up on their own and no longer push the food out of their mouth. Breast milk or bottle milk is still available.

## It's OK to leave food

Babies themselves know when they're full. Leftovers in the bottle or on the plate are OK.

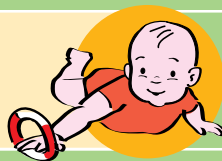


## Water

Once babies are managing three portions of baby food a day, they also need water from a cup or mug. Sweet drinks are not suitable for babies.

## Exercise

Babies like to kick and crawl. They need space and a safe environment for this.



## A smoke-free environment

Babies like fresh air and don't like rooms where people smoke.



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