



Other drinks

- > If you give your child juice, mix it with water. Limit to one small glass each day with a meal
- > Limit cordial and soft drinks to special occasions, like parties and birthdays
- > Don't give your child tea, coffee, sports drinks, energy drinks or alcohol

For more information

Visit your Child and Family Health Nurse call 1300 733 606

Call the Parent Helpline on 1300 364 100 or visit our website www.cyh.com

Non-English speaking: for information in languages other than English, call the Interpreting and Translating Centre and ask them to call The Department of Health. This service is available at no cost to you, contact (08) 8226 1990.



<http://www.gilf.gov.au/>

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Drinks for children



Breastmilk

Breastmilk is the best and most natural food for babies.



- > Breastmilk is all the food and drink that your baby needs for around the first 6 months
- > If your baby is not having breastmilk use infant formula
- > Breastmilk or formula is your baby's most important drink until 12 months of age

Tap water

Plain tap water is a good drink for babies over 6 months of age



- > Tap water is best for teeth
- > Give your baby tap water from a cup after 6 months of age
- > Sit your baby up to drink from a cup
- > Set a good example and let your children see you drinking tap water



Cows milk

Plain milk is a good drink for children over 1 year of age.

Your child needs no more than 500mls of milk a day.

| Age | Type of cows milk |
|-----------|---------------------|
| 1-2 years | Full cream |
| 2-5 years | Reduced fat |
| 5+ | Skim or reduced fat |

