

BABY'S 1ST YEAR

Reminders for Mummy and Daddy

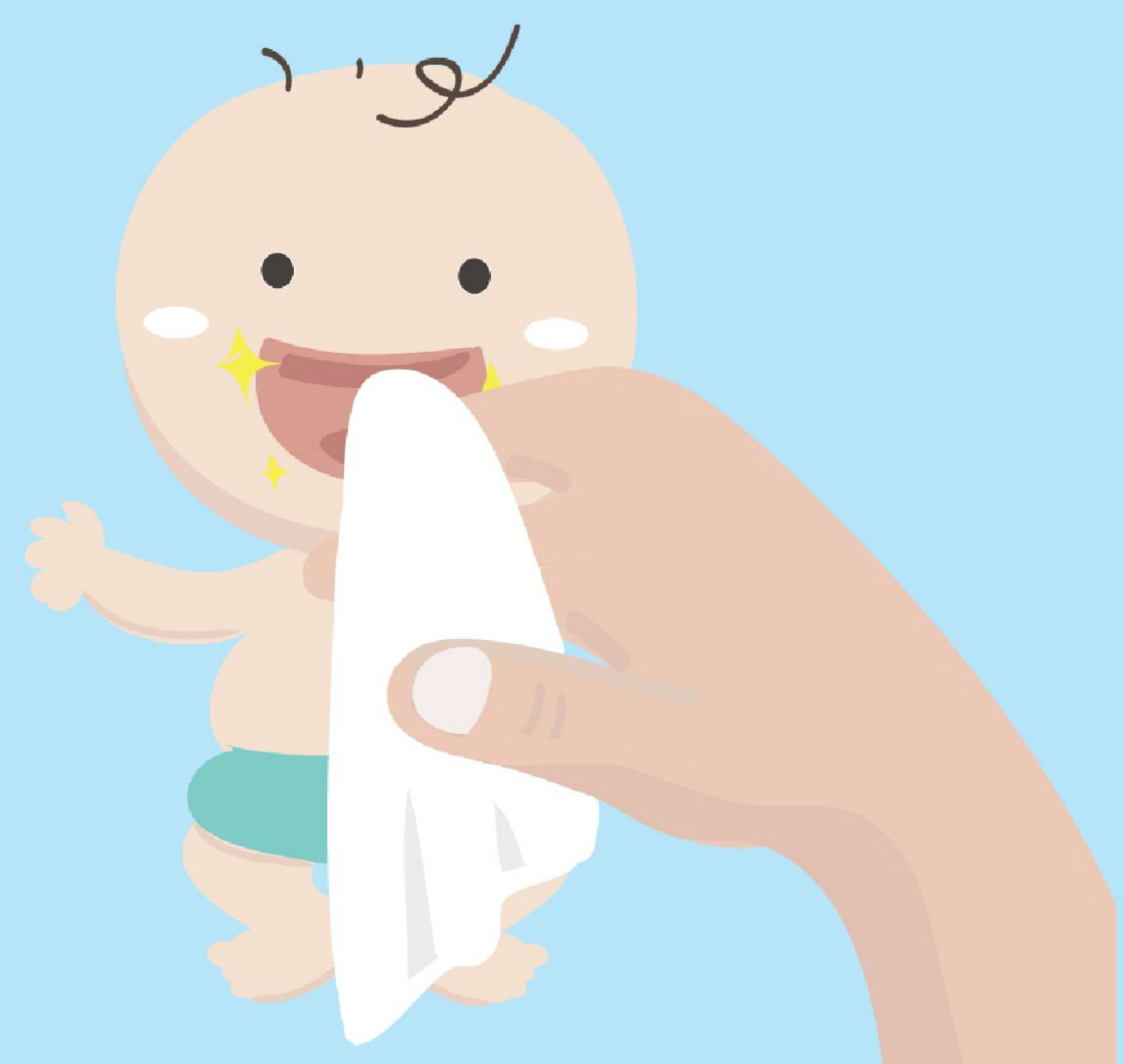
Breast milk meets all of your baby's nutritional needs and may even reduce his risk of obesity and diabetes in adulthood.



Lower risk of diabetes and obesity

1
MONTH OLD

Wipe your baby's gums with a warm, damp cloth or gauze at least twice daily.



2
MONTHS OLD

Fill your baby's bottle with only milk (breast/formula). Avoid other drinks like juice or flavoured milk.



3
MONTHS OLD

Don't let your baby go to sleep with the bottle in his mouth: sugar in formula milk can cause tooth decay.



4
MONTHS OLD

Flavoured milk (e.g. chocolate/malt), barley water and boiled apple drinks are sugary. Drink in moderation and with meals – not throughout the day!



5
MONTHS OLD

Start brushing your baby's teeth as soon as the first one grows.



6
MONTHS OLD

A newborn's eyes may cross or wander until he's about 4 months old. If you're concerned about your child's eyes, talk to your paediatrician.



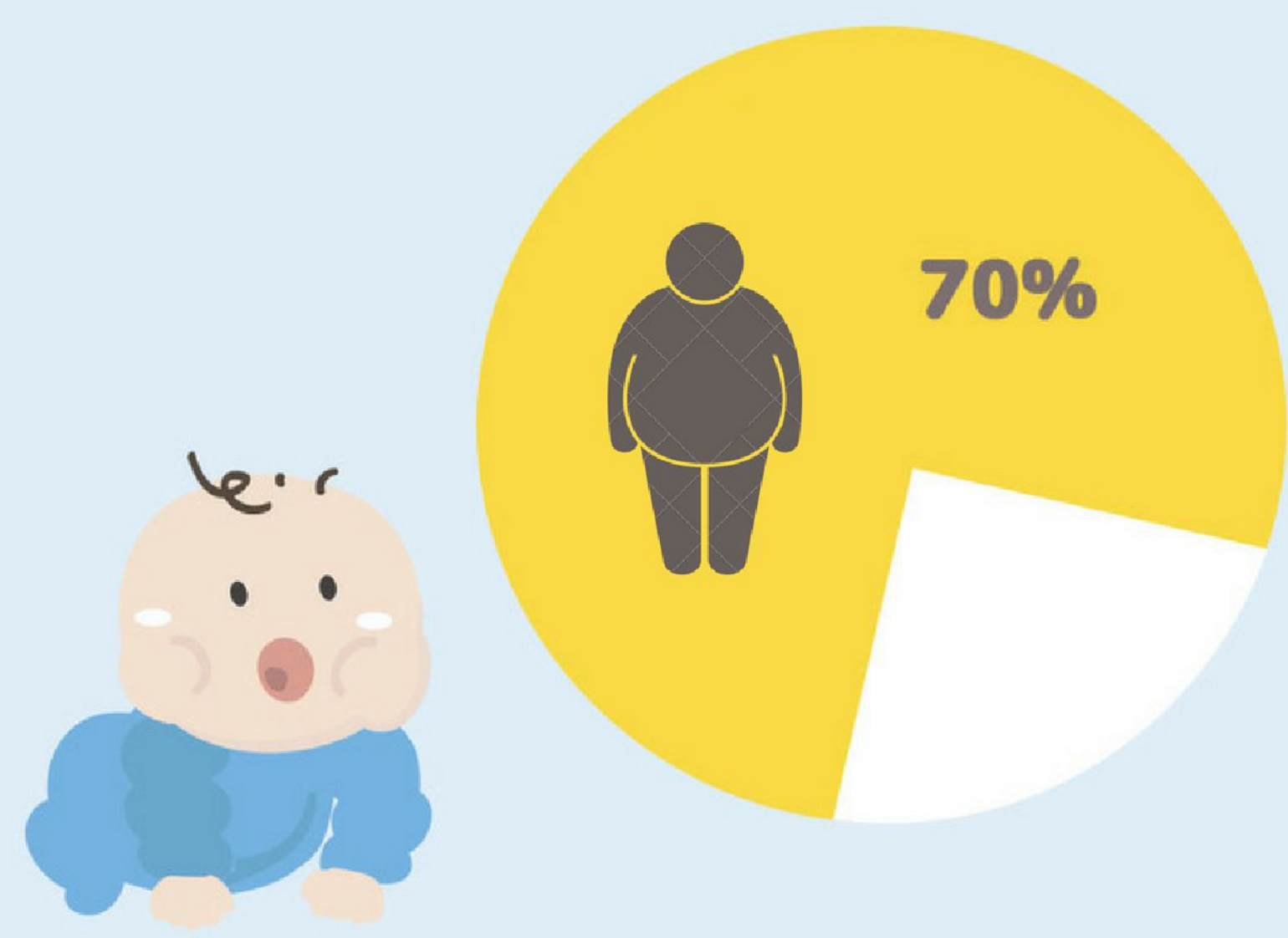
7
MONTHS OLD

Create a meal routine to wean your baby off a milk-only diet and help him learn to enjoy solid food. Set a time for breakfast, lunch, dinner and snacks.



8
MONTHS OLD

Chubby babies may not outgrow their "baby fat": 7 in 10 overweight kids remain that way as adults, and face higher risk of diabetes and other problems.



9
MONTHS OLD

Dried fruit are high in sugar. Try alternatives like cut fresh fruit, cheese, or wholemeal crackers!



10
MONTHS OLD

Avoid using food as a reward: it sends a message that sugary/fatty food are more desirable than healthier options and may lead to overeating in the long run.



11
MONTHS OLD

Bring your baby for his first dental check-up by his first birthday.



12
MONTHS OLD