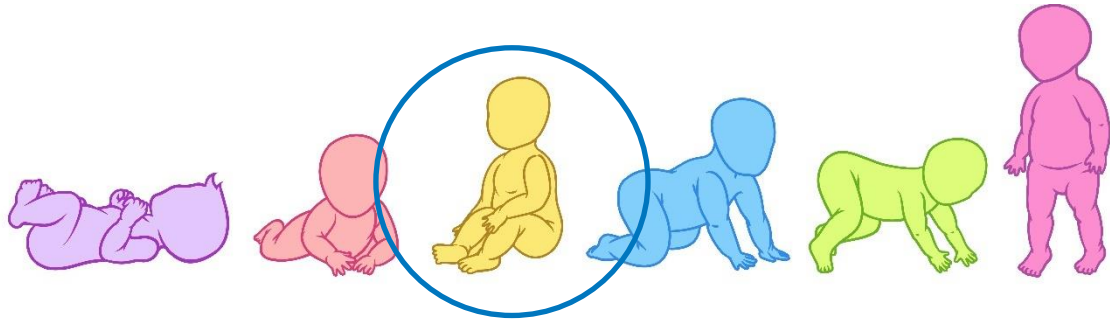




宝宝的第一种食



当您的婴儿准备好时，在 6 个月左右，但不能早于 4 个月，开始喂各种固体食物，从富含铁的食物开始，同时继续喂母乳或使用婴儿配方奶粉

表明您的宝宝已准备好吃固体食物的迹象



将手和玩具放到嘴里



可以坐着抬起头



表现出对食物有兴趣



当您的宝宝 12 个月大时，停止使用奶瓶和婴儿配方奶粉。如果您愿意，就可以继续喂母乳，但您的宝宝在 12 个月大时也应该吃各种各样的食物。

从富含铁的泥状食物开始

食物
牛肉
羊肉
猪肉
鸡肉
鱼类
海鲜
豆腐、毛豆



还有哪些食物含有铁？



茄汁焗豆



煮熟的豆类



绿叶蔬菜



菠菜



杏仁或花生泥/糊/粉



完全煮熟的鸡蛋

您的宝宝从 6 个月起就需要补充铁来帮助生长发育



其他需要开始吃的重要食物

<p>蔬菜</p>	
<p>水果</p>	
<p>五谷杂粮</p>	
<p>酸奶和奶酪</p>	



自制食物泥来省钱



自制食品比袋装食品更健康



不要添加蜂蜜、糖或盐。蜂蜜在 12 个月之前吃是不安全的。

有些食物在宝宝 12 个月大以前吃是不安全的



生鸡蛋或生肉

完全煮熟的鸡蛋或肉



不要强迫宝宝进食



如果您的宝宝不想吃东西，请停止喂食并在 2-3 小时后再试



让您的宝宝决定他们想吃多少

大约 6 个月大时，开始教宝宝用杯子喝凉白开



学习用杯子喝水对宝宝的发育、牙齿健康和说话都很重要

大约 8 个月大时，开始喂切碎的和手指食物



玩食物和吃得乱乱的对宝宝的发育很重要。
让宝宝自己拿起食物喂自己吃。
如果您担心宝宝的咀嚼或吞咽能力，请咨询您的医生。

牙齿护理



- 每天用干净的湿布清洁宝宝的嘴巴两次
- 当开始长牙时，开始使用小的软牙刷
- 到 12 个月大时停止使用奶瓶
- 12 个月大后开始使用低氟牙膏



不要在宝宝睡觉时喂食。这可能会导致蛀牙，并且您的宝宝可能会在白天停止吃健康食物。



牙套可能会伤到您的宝宝并妨碍他们成年牙齿的发育，还会影响您孩子的成长和睡眠



果汁、软饮料或养乐多

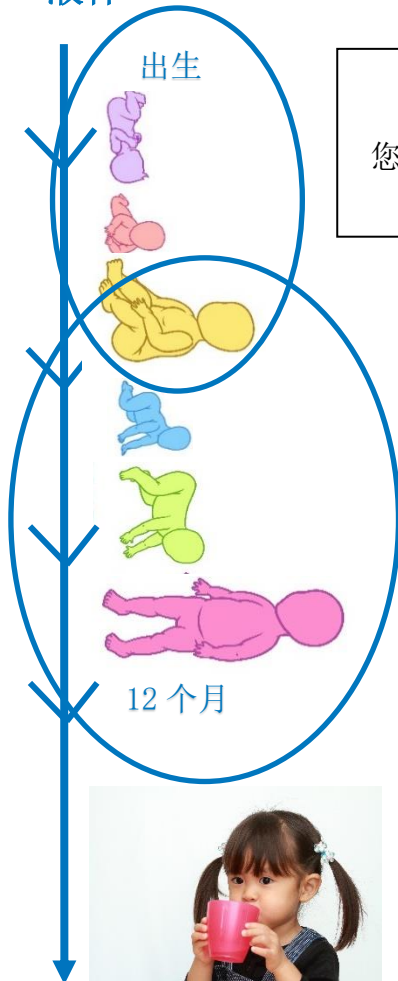


茶和咖啡

您的宝宝不需要茶、咖啡、果汁或软饮料。茶和咖啡会阻碍您的宝宝吸收铁质。养乐多、果汁和软饮料含糖量高，可能会导致蛀牙。



液体



0-6 个月

您的宝宝只需要母乳
或婴儿配方奶粉



6-12 个月

提供煮沸后冷却的自来水。
继续为您的宝宝提供婴儿配方奶粉
或母乳。



从 12 个月起

您的宝宝可以直接喝自来水。
您的宝宝应该知道如何用杯子或吸管
杯喝水。
您应该停止使用奶瓶。



乳制品



牛奶或强化豆浆
1 份 = 250 毫升



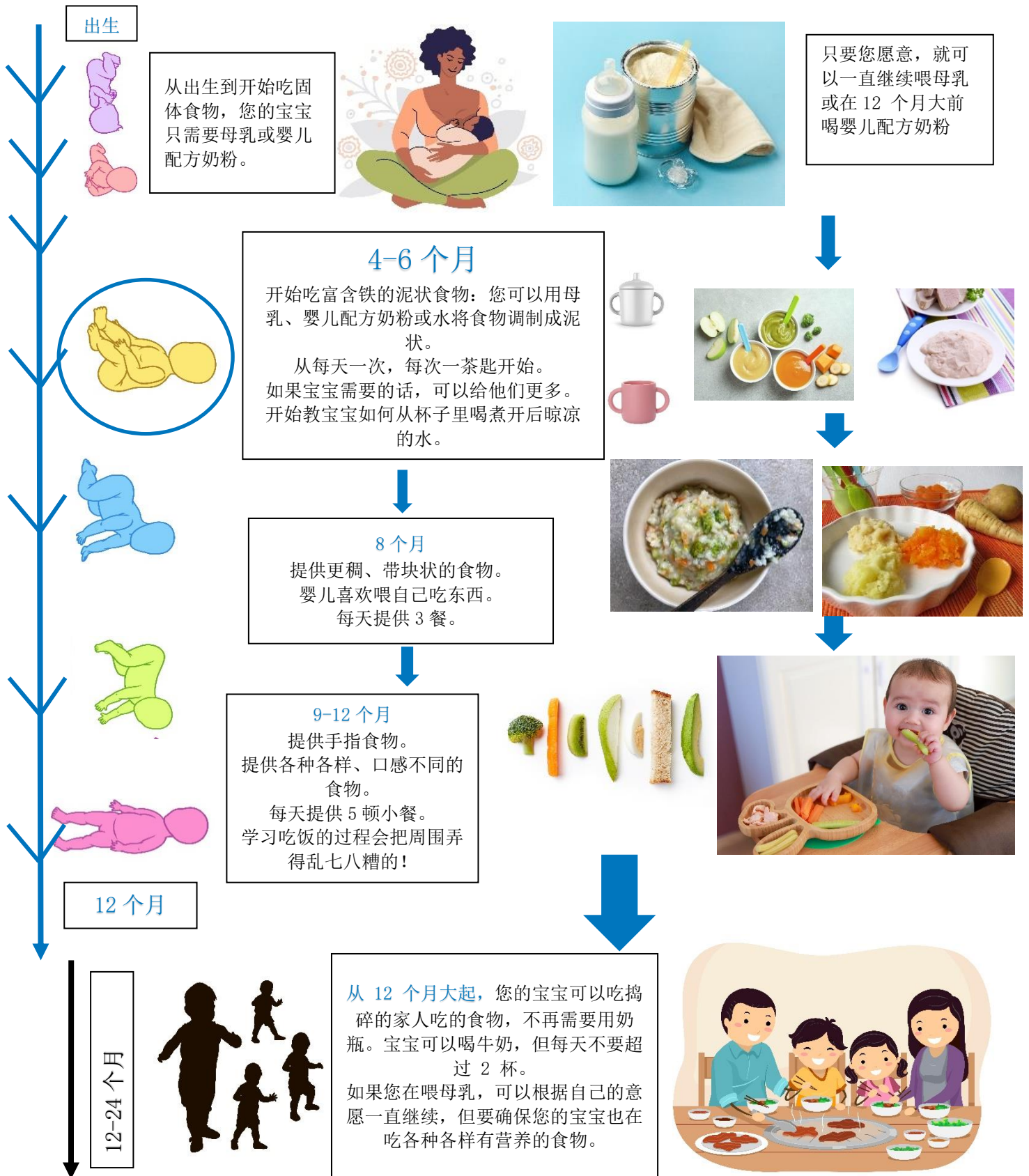
奶酪
1 份 = 2 片



酸奶
1 份 = 200 克

12 个月后，您的宝宝每天需要吃或喝 1-2 次乳制品。
每天给宝宝喝的牛奶不要超过 500 毫升。
直到宝宝 2 岁前，提供全脂乳制品。

小结或首先吃的食物



防止窒息

宝宝吃东西时请务必小心看着：

- 不要让宝宝在嘴里含着食物时移动、爬行或走路。
- 婴儿和幼儿可能会被小的、硬的、圆的或粘的食物卡住而窒息，像是坚果、胡萝卜和苹果等。
- 将葡萄和小西红柿等圆形食物切成小块。
- 所有坚硬的水果和蔬菜都要煮熟，然后磨碎或捣碎，如苹果、胡萝卜和豆类。
- 将肉类、鸡肉和鱼类去皮、剔除小骨头和软骨。
- **不要在 5 岁之前喂给整个的坚果。**

过敏

注意以下症状：

- 面部、眼睛或嘴唇肿胀，出现荨麻疹或肿块（皮肤上出现红色突起）。
- 呕吐和腹泻。
- 皮疹或皮肤发红。

如果您的宝宝有过敏反应，请停止喂给该食物并咨询您的医生。

如果您的宝宝对任何食物有以下严重反应，请立即拨打 000：

- 呼吸困难或有杂音
- 喘息或咳嗽不止
- 舌头肿胀
- 皮肤发白和肢体瘫软。

可在这里获得有关过敏原的信息

<https://preventallergies.org.au/>

（视频有缅甸语、钦哈卡语、哈扎拉吉语、卡伦语）

<https://preventallergies.org.au/translated-infant-feeding-resources/>



Government of Western Australia
Child and Adolescent Health Service



儿童和青少年健康服务

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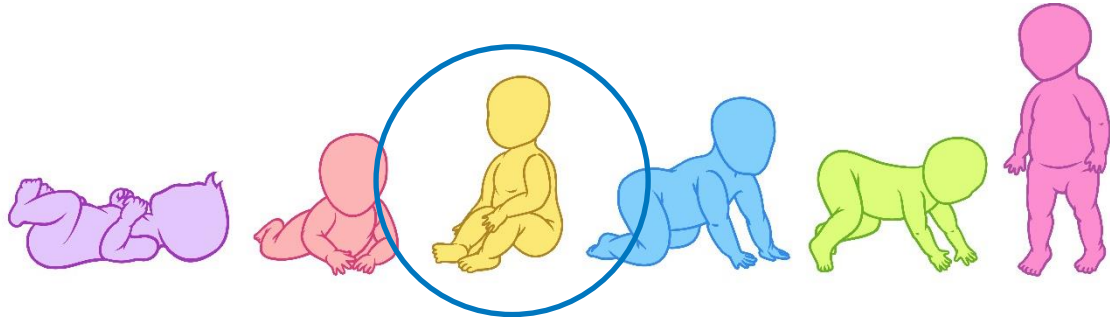


Multicultural Women's
Health Services





Baby's first foods



When your infant is ready, **at around 6 months, but not before 4 months**, start to introduce a variety of solid foods, starting with iron rich foods, while continuing breastfeeding or using infant formula

Signs that your baby is ready for solids



Puts hands and toys in their mouth



Can sit and hold their head up



Shows interest in food

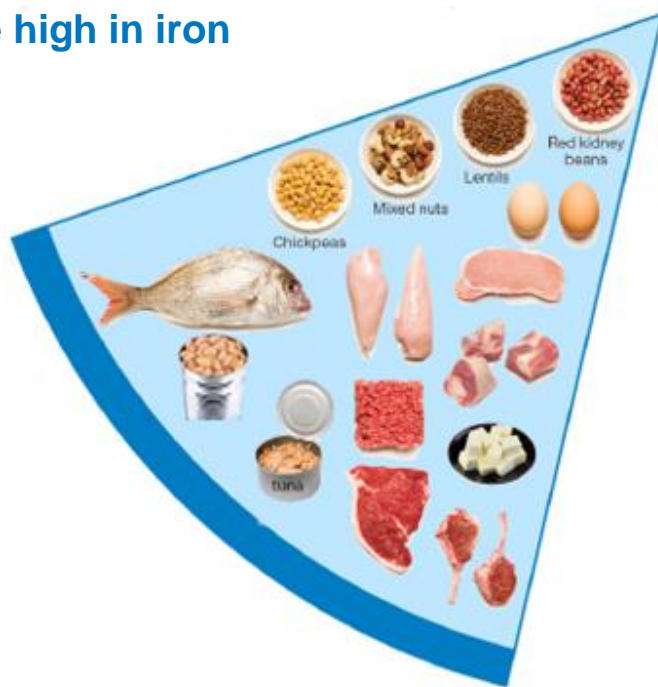


Stop bottles and formula when your baby is 12 months. Continue breastfeeding for as long as you wish, but your baby should also be eating a variety of food at 12 months.



Start with puree foods that are high in iron

Food
Beef
Lamb
Pork
Chicken
Fish
Seafood
Tofu, edamame



What other foods have iron?



Baked Beans



Legumes/pulses/
beans, cooked



Leafy, green
vegetables



Spinach



Almond or peanut
puree/paste/powder







Eggs, well cooked

Your baby needs iron from 6 months to help their growth and development



Other important food to introduce

Vegetables	
Fruit	
Grains and cereals	
Yoghurt and Cheese	



Save money by making home-made puree food

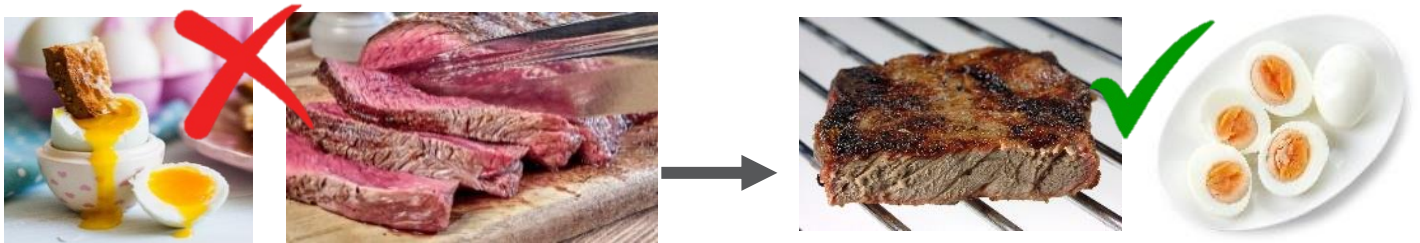


Home-made food is healthier than pouches



Do not add honey, sugar or salt. Honey is not safe before 12 months.

Some foods are not safe until your baby is older than 12 months



Raw egg or raw meat

Egg or meat cooked all the way through



Do not force your baby to eat



If your baby does not want to eat, stop and try again in 2-3 hours



Let your baby decide how much they want to eat

At around 6 months, start teaching your baby to drink boiled and cooled water from a cup



Learning to drink from a cup is important for your baby's development, healthy teeth and speech

At around 8 months, start chopped and finger foods



Food play and messy eating is important for your baby's development.

Let your baby pick up food and feed themselves.

If you are worried about your baby's ability to chew or swallow, please speak to your doctor.



Teeth care



- Clean baby's mouth twice a day with a clean, damp cloth
- Use a small soft toothbrush as teeth appear
- Stop bottle feeding at 12 months of age
- Start low fluoride toothpaste after 12 months



Do not let your baby feed while they are sleeping. This can cause dental carries and your baby might stop eating healthy food during the day.



Dental carries might hurt your baby and their developing adult teeth, plus impact your child's growth and sleep



Fruit juice, soft drink or Yakult

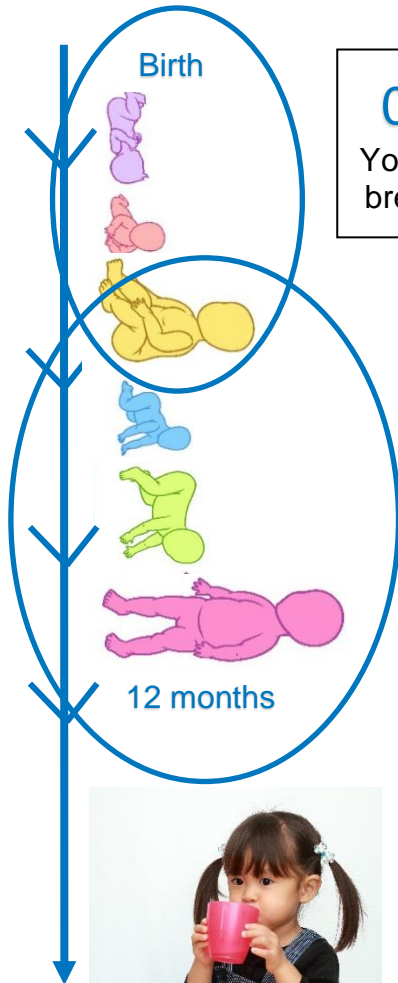


Tea and coffee

Your baby does not need tea, coffee, fruit juice or soft drink. Tea and coffee will stop your baby from getting iron. Yakult, juice and soft drink are high in sugar and may cause dental carries.



Fluids



0-6 months

Your baby only needs breastmilk or formula



6-12 months

Offer boiled and cooled tap water. Continue offering your baby formula or breastmilk.



From 12 months

Your baby can have water straight from the tap.

Your baby should know how to drink from a cup or a sippy cup.

You should stop using bottles.



Dairy



Cow's milk or fortified soy milk
1 serve = 250mL



Cheese
1 serve = 2 slices

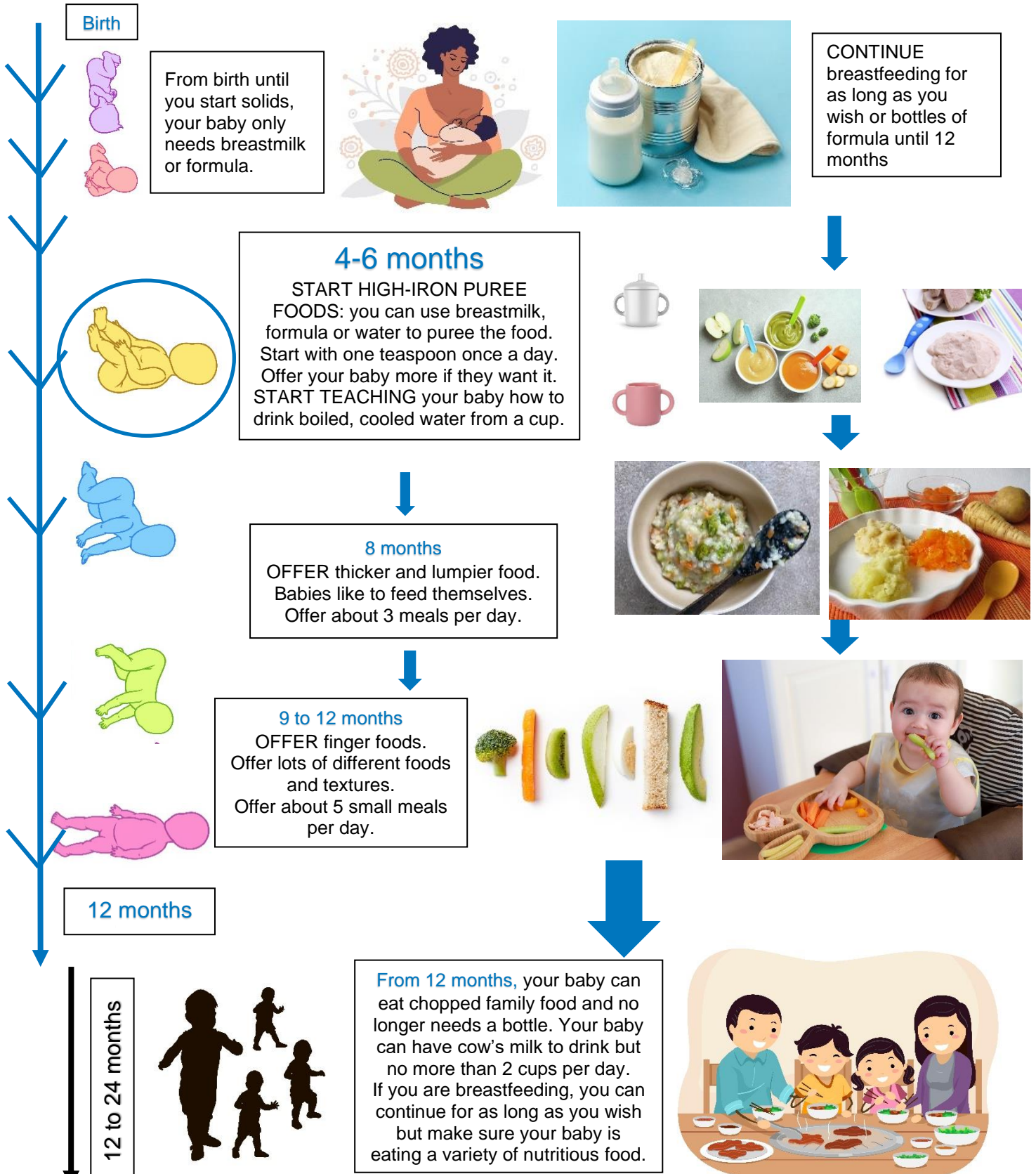


Yoghurt
1 serve = 200g

After 12 months, your baby needs to eat or drink dairy 1-2 times every day. Do not offer your baby any more than 500mL of milk each day. Offer full-cream or full-fat dairy until your baby is 2 years old.



Summary of first foods



Prevent choking

Always watch carefully when your baby is eating:

- Do not let your baby move, crawl or walk with food in their mouth.
- Babies and young children can choke on food that is small, hard, round or sticky such as nuts, carrots and apple.
- Cut up round foods like grapes and cherry tomatoes.
- Cook, then grate or mash all hard fruit and vegetables like apple, carrots and beans.
- Remove skin, small bones and gristle from meat, chicken and fish.
- **Do not give whole nuts before 5 years of age.**

Allergies

Watch for:

- Swelling of face, eyes or lips, hives or welts (red lumps on skin).
- Vomiting and diarrhoea.
- Rashes or redness of the skin.

If your baby has an allergic reaction, stop giving that food and speak to your doctor.

Call 000 immediately if your baby has these severe reactions to any food:

- difficult or noisy breathing
- wheeze or ongoing cough
- swelling of the tongue
- pale skin and floppy.

Information for allergens here

<https://preventallergies.org.au/>

(videos available in Burmese, Chin Haka, Hazaragi, Karen) <https://preventallergies.org.au/translated-infant-feeding-resources/>



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