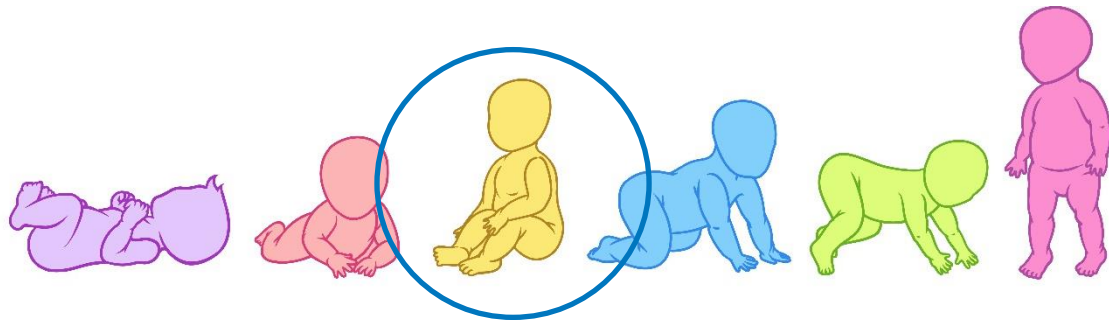




Bawhte a hmasabik a rawl



Na bawhte hi timhcia a si tik, **thla 6 hrawnghrang a si lio, nain thla 4 a tlin hlan** ah, rawlhak a phunphun na pek thawk lai, thir-dat (iron) a tammi rawl in na thawk lai i, hnuk dinh le formula he pehzulh in na pek lai

Hi zuk/hmuhsaknak nih na fate rawlhak ei ding timhcia a simi a langhter



Lentecelhnak thilri kha a kut in a ka ah aa tuah



A thu kho i a lu a tun khawh



Rawl a duh kha a langhter

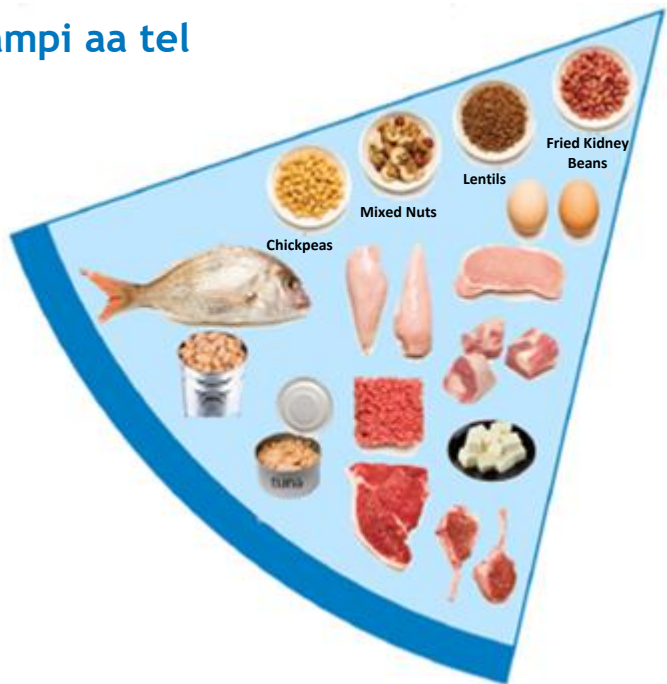


Dur/thawl le formula in bawhte hnuk pek cu thla 12 a si ah ngol. Na duh caan tiang hnukdinh cu pehzul ko, nain na bawhte nih thla 12 a tlin ah rawl a phunphun ei a hau lai.



Puree rawl ah thirdat (iron) tampi aa tel

| |
|-------------------|
| Rawl |
| Cawsa |
| Tuusa |
| Voksa |
| Arsa |
| Ngasa |
| Rilichungchuak sa |
| Tofu, edamame |



ZeI rawldang hna dah thirdat (iron) a tel rih?



Chumhmi pee Beans



Legumes/ pulses/ beans, chuanmi



Hnah a ngeimi, an-hringso tisik an-hnah



Spinach (Hnah a ngeimi) kazunzuat phun



Almond asiloah peanut puree/paste/powder







Arti, hmin lak in chumhmi

Na bawhte nih thirdat (iron) cu thla 6 a tlin thawkin a thannak le aa hlawknak caah a herh.



A biapi ngaimi rawl theihternak

| | |
|------------------------------|--|
| <p>Tisik an-hnah</p> |  |
| <p>Thei-hai</p> |  |
| <p>Grains le cereals</p> |  |
| <p>Cawhnukthur le Cheese</p> |  |



Inn ah chuanmi puree nih tangka dih a zawrter



Inn ah chuanmi rawl cu aleeng i cawkmi nak in ngan a damter deuh



Khuaihli, thlanthlingrang asiloah cite cu cawhchih hlah. Khuaihli cu thla 12 a si hlan tiang lawng hman a tha.

Na bawhte thla 12 naktam a si hnu ahcun, rawl cheukhat cu an him ti lo



Arti le sa (a hring)



Arti le sa cu hminlak in chumh a hau



Na bawhte rawl ei dingah hnek hlah



Na bawhte nih rawl a ei duh lo ahcun, ngol law suimilam 2-3 a rauh hnu ah pe than



Na bawhte nih zeizat dah a ei duh timi cu amah te nih biakhiak seh

Thla 6 hrawng a si ah, na bawhte kha hrai in chuanciami le a kikmi ti din dingin cawnpiaak



Hrai in din ding cawnpiaakmi cu bawhte a thanchonak, a haa ngandamnak le holh khawhnak caah a biapi ngaingai

Thla 8 hrawng a si tik ah, nencia mi le kutdong in tuh khawhmi rawl pe



Rawl in lente i celh le thurhnom ngai in rawl ei cu, ngakchia a thanchonak caah a biapi ngaingai.

Na bawhte nih amah tein rawl i laak sehlah ei ko seh.
Na bawhte nih rawl khai le dolh a thiamlo caah na lungre a theih ahcun, zaangfahnak tein na siibawi kha chim



Haa zohkhenh



- Bawhte a haa kha, a thiang i a daam mi puan in nikhat ah voi 2 hnawhpiak
- A haa a kheuh tik ah a hme i a nemmi haa tawlnak in tawlpiaik
- Dur/thawl in hnuk dinter cu thla 12 a si ah ngol
- Thla 12 hnu cun haa tawlnak in tawlpiaik cang



Na bawhte aa hngilh lio ah hnuk dinter hlah. Cuti na dinter ahcun a haa a bum lai i, chun ah ngandamnak tirawl ei duh lo in a um kho men.



Haa a bummi nih bawhte kha a donhkhanh i, upa haa a kheumi zong a hnorsuan, cu lengah na fa a thannak le a hngilhnak zong a hnorsuan



Thingheihang, a thlum dinmi asiloah Yakult



Lakphakti le kawfi

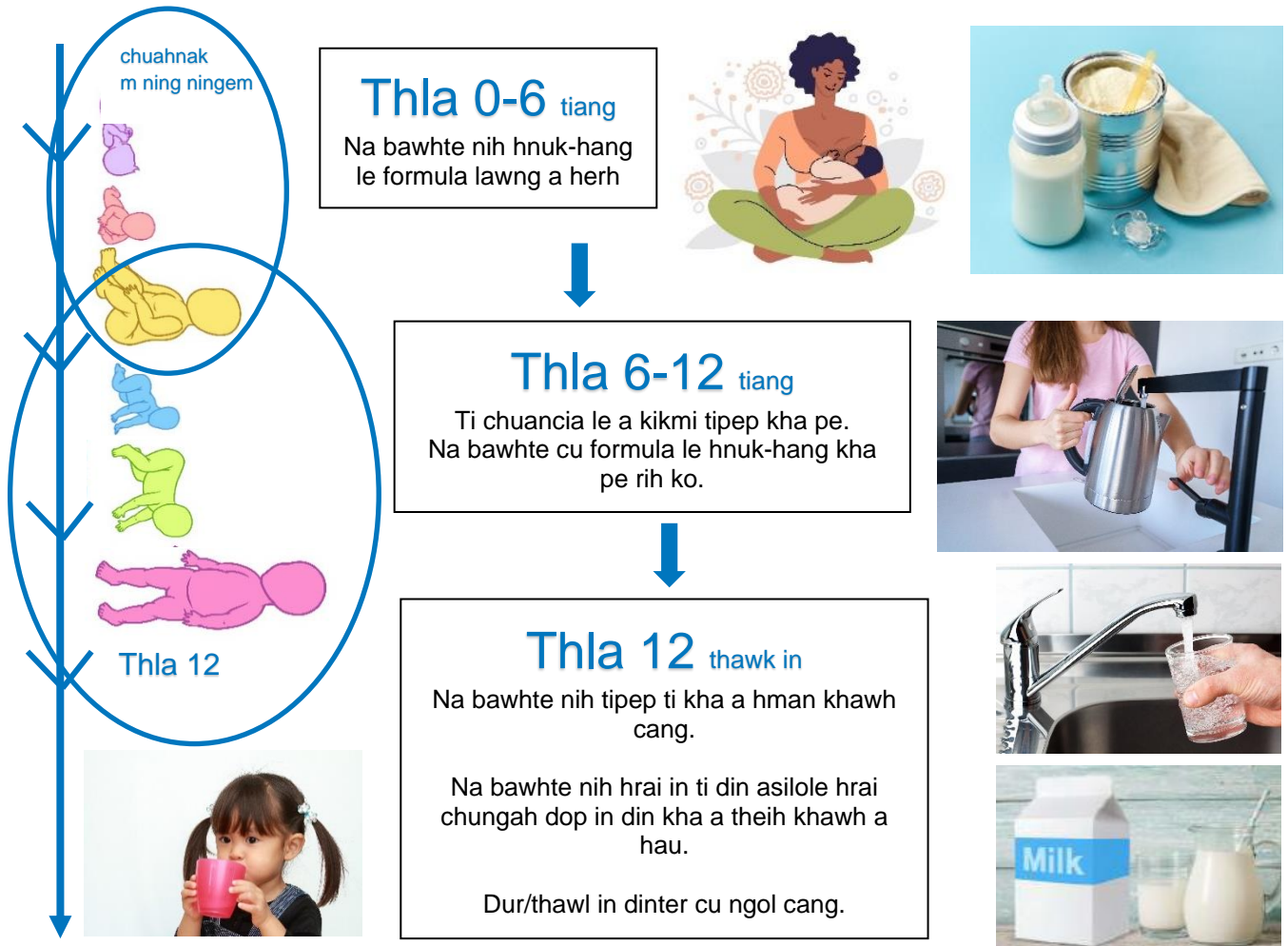
Na bawhte nih lakphakti, kawfi, thingtheihang asiloah a thlumhang a herh lo.

Lakphakti le kawfi dinmi nih na fa thirdat (iron) hmuhnak a donh.

Yakult, thingtheihang le a thlumhang hna cu a thlumdat tampi aa tel caah haa a bumter.



A hang



Cawhnuk in sermi



Cawhnuk asilole fortified soy milk



Cheese
voi 1 ei = par 2



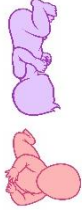
Yoghurt
voi 1 ei = 200g

Thla 12 a tlin hnu ah, na bawhte nih nikhat ah cawhnuk in sermi rawl kha voi 1- 2 tiang ei le din a hau lai. Nikhat ah 500mL nak in a tamdeuhmi cawhnuk kha na bawhte na pe lai lo. Na bawhte kum 2 a si tiang full-cream asiloah full-fat a simi cawhnuk in sermi na pek lai.



A tawifiannak asiloah hmasabik rawl

Chua



A chuahka in rawlhak a ei thawk tiang, na fate cu hnuhkang le formula lawng a herh..



PEHZULH
Na duh caan tiang hnuk cu dinh ko asiloah formula dur kha thla 12 a si tiang dinh ko.

Thla 4 – 6 tiang
THIRDAT A TELMI RAWL PEK THAWK:Hnuk-hang, formula asilole puree rawl ah ti na cawh khawh. Nikhat ah keu khat in pe thawk. Aduh rih ahcun na fate cu tamdeuh in pe ko. Na fate nih hrai in tithah, a kikmi ti hrai in zeitindah din a si kha **CAWNPIAKNAK THAWK.**



Thla 8

A chah/puam deuh le dolhfawi mi rawl PE.
Bawhte cu anmah tein ei an duh.
Ni khat ah rawl voi 3 pe.



Thla 9 in 12 kar

Kutdong in ei khawhmi rawl PE.
Rawl dangdang le rawlphun cawhmi pe.
Ni khat ah rawl tlawmtete in voi 5 hrawng pe.
Rawl ei cawn cu a buaibai ngaite.



Thla 12

Thla 12 in 24 kar



Thla 12 thawk in, na bawhte nih innchungkhar rawlhak nawn a ei khawh cang i, thawl/dur a herh ti lo. Na fate nih cawhnuk a din khawh cang, nain nikhat ah hrai 2 nak tamlo a din lai. Hnuk na dinh rih ahcun na duh caan tiang na dinh khawh, nain, na fate nih thazang/ngandamnak rawl a phunphun a ei cang kha, thei ko.



Thaw ip mi khenkhamnak

Na fa rawl a ei tikah a zungzal zoh law ngia:

- Rawl a ka chung um/khai bu in na bawhte kha cawlcang, vah asiloah lamkal ter hlah.
- Rawl a fate, a hakmi, a pummi asiloah a bangmi, tahchunhna ah thei, carrot le apple a si zongah bawhte le ngakchia hna kha an thaw a ipter khawh hna.
- Mitsur, cherry le tomatoes a pummi kha cheuhmal hna.
- Chuang hmasa, cun thingthei hak le tisik an-hnah a simi apple, carrot le pe pawl kha man tein hmet hna.
- A hawng kha khek, a ruh fatete kha sa, arsa le ngasa chungin chuah hna.
- **Kum 5 a tlin hlan ah thei a pum ningpi in pe hlah.**

I ziak lomi

Zoh law ngia:

- A hmai, a mit asiloah a hmur ah a phing, a sen, a bo (a takvun ah a sen in a bo).
- Aluak a lua, a chung a tlik.
- A phar asiloah a takvun a sen

Na bawhte nih rawl na pekmi aa ziak lo ahcun, rawl pek kha ngol law, na siibawi kha chawn.

Na bawhte nih zei rawl na pekmi hmanh a tanglei ningin aa ziak lo ahcun 000 kha hmet law chawn hna:

- a thawchuah aa harh asilole a thaw a ring
- thawchuah aa ningcang lo asiloah a khuh lengmang
- a lei a phing
- a takvun a daang i a uai-hnang

I ziak lomi thawngpang theihnak cu mahka hin:

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

(video zohnak - Kawl holh, Chin Haka, Hazaragi, Karen)

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



Government of Western Australia
Child and Adolescent Health Service



Child and Adolescent Health Service
15 Hospital Avenue, Nedlands, WA, 6009.
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Tuanvo ngeih lonak: Hi cachuah mi cu a tlangpi in fimnak/theihfiannak le thawngthanhnak ca ah a si. Ngandamnak lei ruahnak pek na herh ahcun ngandamnak lei a thiammi hna sin ah ruahnak hal khawh a si..Ruahnak hal khawhnak cu:
© State of Western Australia, Child and Adolescent Health Service.

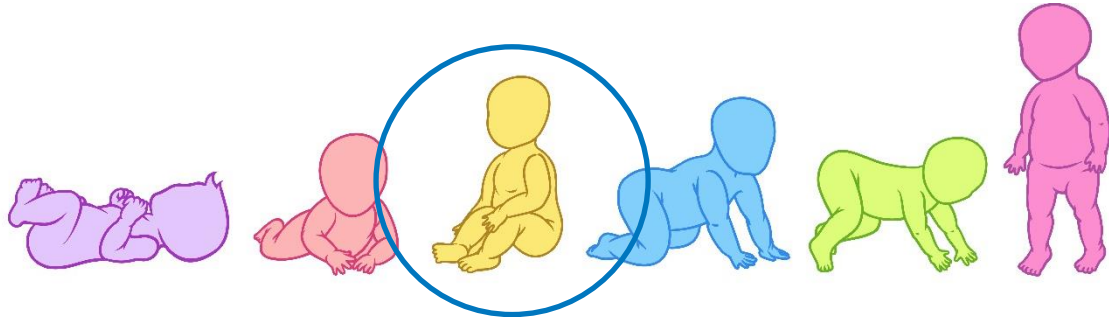
Hi ca hi pumtamtlinglo pakhat nih phundang cachuah ningin tuah le chuah ka duh a ti ahcun tuah khawh/onh piak a si.

Hi riantuannak-ngandamnak lei lam tangka bawmhchanhnak tinhmi ah Ishar bu he tuanti kan si, timi kha kan langhter.





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

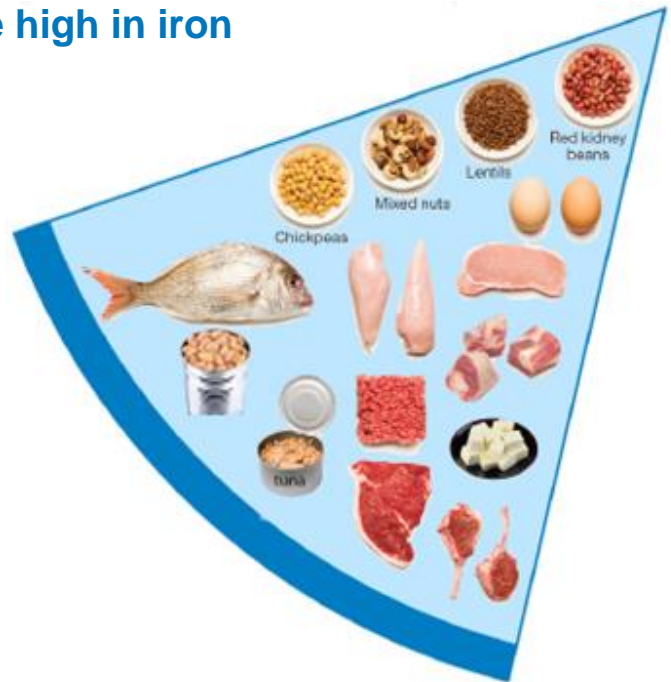


Stop bottles and formula when your baby is 12 months. Continue breastfeeding for as long as you wish, but your baby should also be eating a variety of food at 12 months.



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

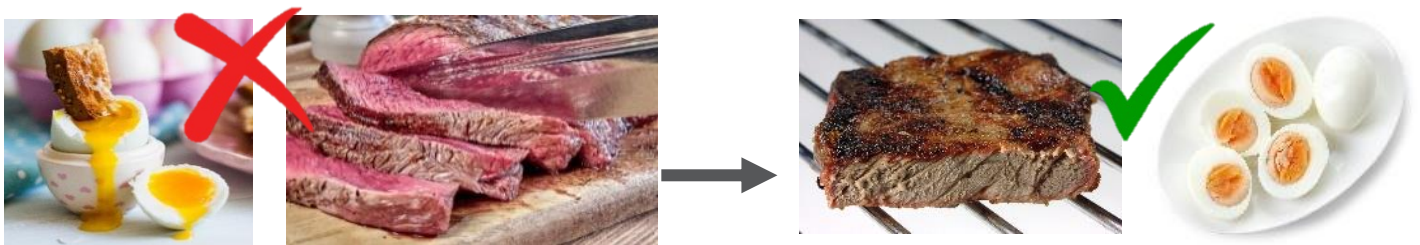


Home-made food is healthier than pouches



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



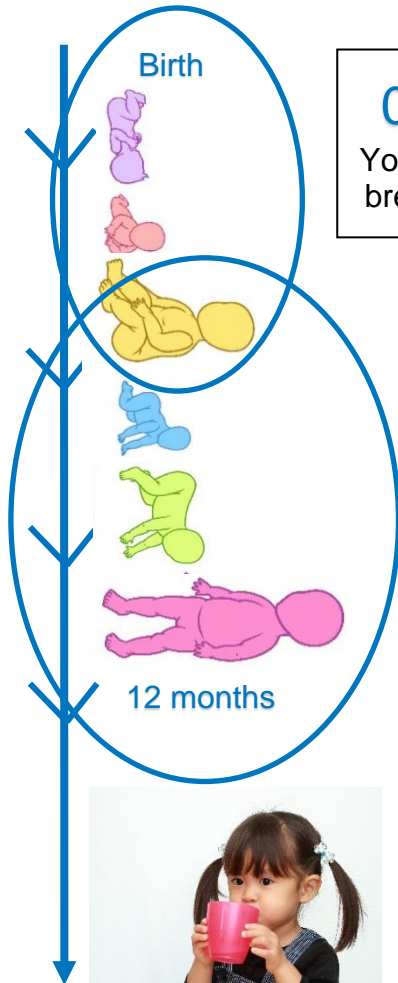
Fruit juice, soft drink or Yakult



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

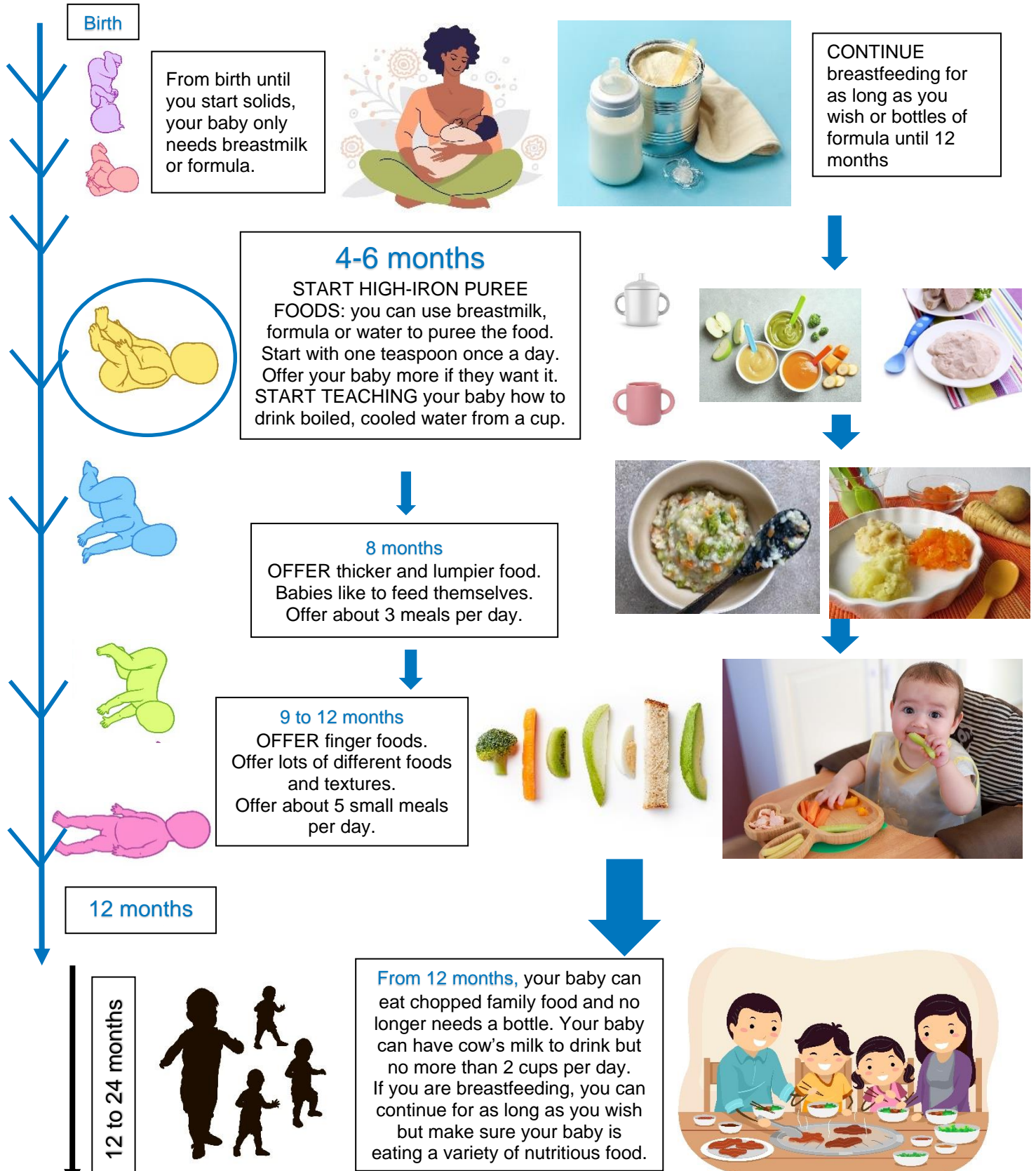


Yoghurt
1 serve = 200g

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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