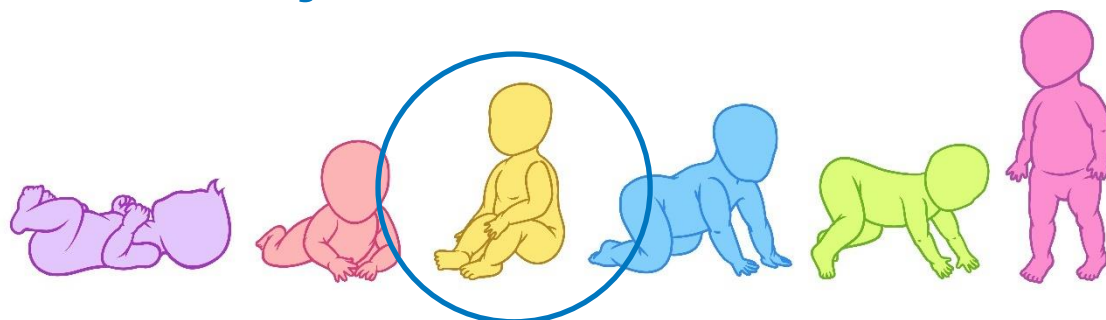




Kuin tueenḡ ë meth



Na kōor bī menhdu ḡol, **të cen pëi kaa 6 dōöt, ku cie të ḡoot yen ke kën pëi kaa 4 dōöt**, ë cam de mīith juēc wën ril kōōth, ke ḡol ë ciēmë thok në mīith wën nōḡic adit, ku ḡoot ke ye thuēt në cək ke thīn ka cək ke bītha

Kä eyen nyuōōth lōn kōor bī menhdu ḡol ë cam de mīith ril kōōth



Ee ye cin ku lithīrik dōc tääu në ye thok



Alëu bī ya nyuc ku ye yenhom ḡiēc ḡt



Ee piōu naḡ cam ë kuin

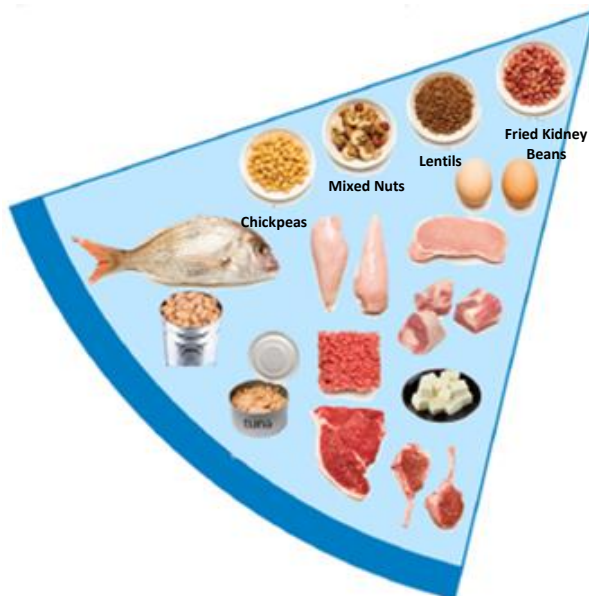


Päl thuēt ë bītha të cennë menhdu pëi kaa 12 dōöt. Ku ḡot ke ye thuēt thok në cək ke thīn agut cī thaarduōōn nhar bīn en jal puōl ë thuēt, ku apieth bī menhdu ya ḡoot ke cam ëya në mīith juēc wën nōḡic adit të cen pëi kaa 12 dōöt.



Jok ë kuün lo niäk cī keek guöör nənjiic cindiit adiiit thīn

Kuün
Rīn ë wen
Rīn amääl
Rīn ë Kudhuruk
Rīn ajith
Rëc
Kuün baar (<i>Seafood</i>)
Niääk ë Tofu, akuem töc



Ye kuün kök nõ kek nənjiic cindiit adiiit?



Akuem cī thaal



Guööt akuem, cī thaal



Apäm ë yör, liëem nõk



Yör ke Spinach



Nyin de Almond ka atöm ka tənpiiny cī guöör/ tö ke ye abik




Toñ, cī keek njiic thaal

Menhdu aköör adiiit ë ye guöp të cen pëi kaa 6 dööt ago yen cök dīt ku bī yiëknhial



Müth kök thiekiic ba ke cök göl keek ë cäm

<p>Liëëm</p>	
<p>Anyuok</p>	
<p>Rap ku anyol</p>	
<p>Cök ke Yoghurt ku Cheese</p>	



Tek wëu yiic në tën bin mïith ya guṣṣriic baai



Mïith cï guṣṣr baai aye tṣ ḗke piol awär mïith ye keek ḡṣṣ thuuk



Duṣṣnë miök ḗ kiḗc, thukar ka awai/mëlë juḡk thïn. Miök ḗ kiḗc acïi pieth tēnnë mēnh kēn pēi kaa 12 dōöt

Mïith kṡk acïi pieth tēnnë mēhndu agut cï bï pēi kaa 12 kṡn dōöt



Tuṡḡ ka rïḡ kēnnë thaal



Tuṡḡ ka rïḡ cï thukar arēetic



Duōnnē mēnhdu ye nām cām ē riēl



Na cī mēnhdu jai ē cam, ke pāl ku bēre them tē cennē thēr kaa 2-3 tēēk



Ye mēnhdu cōk loc tēndēen ben pēk thīn ē cam

Tē cennē mēnhdu naŋ pēi kaa 6, ke gōl ē piōōc ē dēnjē piū cī keek thaal ku cīk liēr nē abīny/kubāi yic



Piōōc ē dēnjē piū tō nē abīny/kubāi yic ee kē thiekic arēētīc nē yīknhial ē mēnhdu yic, cil de lec piol ku ŋjē ē jam

Tē cennē meth naŋ pēi kaa 8, ke gōl ē gēm de miīth cī tēm kōōth



Pol ē kuīn ku riōp ē rōt ee kē thiekic nē yīknhial de mēnhdu.
Cō mēnhdu cōk lōm kuīn ku bī yethok cāām yētōk.
Na ca diēr nē tēn yennē mēnhdu mīīth yīē thīn ku liek keek, ke yī jaamē wennē akīmdu.



Tiit ë nyin në lec ke meth



- Wec meth thok ë rou në kööl tökic, në alanh thiin piol
- Ye gòok thok në mathuaka thiin piol të cennë lecke cil jòok
- Duönnë ye bæer thuëët në bëtha të cen pëi kaa 12 dööt
- Ye maajun thiin koor ë mathaaka de thok të cen pëi kaa 12 dööt



Duönnë menhdu ye còk thuëët të cen nin. Èkënnë alëu bë tuany ë lec ya còk jòk rot ku cie menhdu ye bæer còk thuëët apieth në köölic.



Tuany ë lec alëu bë ya töök arëëtic tënnë menhdu ku ka lëu bë cil ë lecke ya riöök, ku ka lëu bë dīt ku nīn ë menhdu ya còk cīi lo tuerj apieth



Fruit juice, soft drink or Yakult

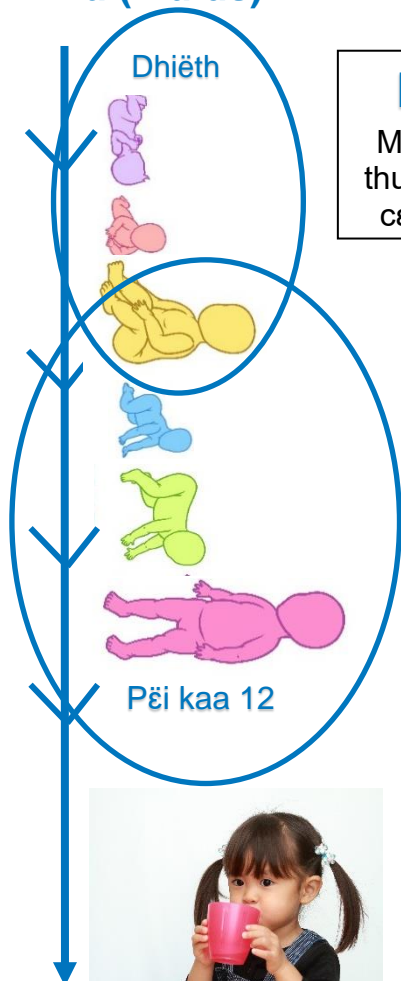


Tea and coffee

Menhdu acīi kōr bë ya dek ë chāi, bun, athiir ye looi në anyuòk (fruit juice) ka thoda. Chāi ku bun aalëu bëkkë menhdu ya pën guöp adit. Kā cīt men ë Yakult, athiir ku thoda anōjic thukar dīt arëëtic ku kaa lëu bëkkë lec ke meth ya riöök.



Piu (Fluids)



Pëi kaa 0-6

Menhdu akoor bī ya thuat ë cek ke thīn ka cek ke bītha keepēi



Pëi kaa 6-12

Gāmë piū ke mathura ca keek thaal ku cīkkē liëer. Doot ke yī ye menhdu thuëët në cek ke thīn ka cek ke bītha



Të cen pëi kaa 12 thöl

Ke menhdu alëu bī jal ya dek në piū ke mathura.

Menhdu alëu bī jal tō ke n̄ic dēnjē abīny/kubāi ka bī ya ruëth në abīny/kubāi thok.

Aba puöl ë thuëët ë thok në bītha.



Ca



Cek ke weŋ ka cek ke soy
Door 1 = 250mL



Cheese
Door 1 = biäk kaa 2



Cek ke Yoghurt
Door 1 = 200g

Të cen pëi kaa 12 thöl, ke menhdu akoor bī ya cam ka bī ya dek ë cek ke weŋ ë door kaa 1-2 në kööl thok ëbën. Duönnë menhdu gëm cek juëc wën lëu bīkkē 500mL ya waan nhom në köölic. Gāmë cek wën n̄on̄iic cream ka cek n̄on̄iic miök ka piaat agut cī menhdu nhom k̄on naŋ run kaa 2.



Amatnhom ë wël ka kuïn tueñ

Dhiëeth



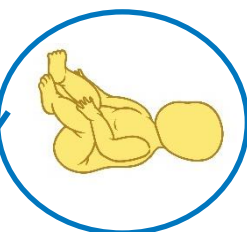
Gol ë kööl de dhiëeth agut cï kööl ben cäm ë mïith ril kööth jock, menhdu akoor bï ya thuëët ë cëk ke thïn ka cëk ke biätha.



DOOT ke yï lo tueñ wennë thuëët ë cëk ke thïn agut cï thaarduöñ koor ka ba ya thuëët ë cëk ke biätha agut cï bï pëi kaa 12 dööt.

Pëi kaa 4-6

GOL Ë CIËËM Ë THOK NË MÏITH WËN CÏ KEEK GUÖÖR NÖDIIC ADIIT: alëu ba ya thuëët ë cëk ke thïn, cëk ke biätha, ka ba ya cök dek pïu ago kuïn yuöör piny. Gol ë thial tök në kööl tökic. Gämë menhdu thok käjuëc të koor yen en. GOL PIÖÖCË menhdu në tën ben ya dek ë pïu cï thaal ku cïkkë liëer në abïny/kubäi thok



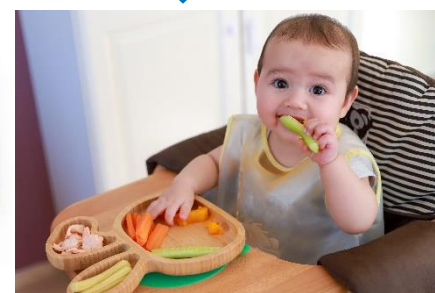
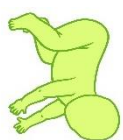
Pëi kaa 8

GÄMË kuïn tö ke ril köu ku dïit. Mïith anhiar bïkkë ke thook cääm keepëi. Ye gäm cäm ë dooriic kaa 3 në köölic.



Pëi kaa 9 agut cï 12

GÄMË mïith ca kek temkööth. Gämë mïith juëc wääciic. Gämë mïith thi wääciic kaa 5 në köölic.



Pëi kaa 12

Pëi kaa 12 agut cï 24 months



Të cen pëi kaa 12 thöl, ke menhdu alëu bï ya ñiëc cam në mïith cam keek baai tö ëke cï kek temkööth ku ka cïi bï bëer ya thuëët ë biätha. Menhdu alëu bï ya dek ë cëk ke weñ ku ka cïi bï ya cök dek abïny/kubëëi kaa 2 në köölic. Na ñoot ke yï thuëët meth ë cëk ke thïn, ke yïn lëu ya ñoot ke yï ëluoci kënnë agut cï bï thaarduöñ nhaar. Them ba menhdu ya cök cam mïith wën ñonjiic thaka.



Gël ë dëny ë rot

Ye nyin tiit apieth ë nyindhie të cëmë mënhdu:

- Duönnë mënhdu ye cök cäm ke cath, ke mol ka bi ya cath ke muk kuin në ye thok.
- Miith aalëu bikkë ya dec në kuin thiin koor, kuin ril köu, kuin le roŋroŋ ka kuin ye nuat ci men ë toŋpiiny, kārrot ku eppol.
- Temë kuin wën tō ke lo roŋroŋ kööth ci men de grapes ku tamatim ë cherry.
- Thal kuin ku ba anyok ku liëem ŋoot ëke ril thiin ya guöör ci men de eppol, kārrot ku akuem.
- Nyaaie könden, yom thi tō thiin and räl në riŋic, ajiithic ku rëcic.
- **Du kon gäm toŋpiiny të kën yen run kaa 5 dööt.**

Akuöök

Tiëëtë nyin në kee kākë:

- Abuööt ë yenhom tueeŋ, në ye nyin ka në ye thok, akuöök (akuöök thiin në dël köu).
- Aŋöök ku yäc.
- Akuöök ka thieth ë dël.

Na ci mënhdu naŋ anyuth ke akuöök, ke duönnë ber gäm kuin kënnë ku jaamë akimdu.

Yuöpä namba ë 000 në ye thaar thiin kënnë yic tēnōŋë mënhdu guöp anyuth riliic kākë:

- Të cennë ŋiëc wëëi ku yuät
- Të yen yool
- Të cen liep but
- Të cen guöp keth.

Wël juëc alōŋë akuöök aatō ëtënnë

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

(Bideo aatō në thoŋ ë Burmese, Chin Haka, Hazaragi, Karen) <https://preventallergies.org.au/translated-infant-feeding-resources/>



Government of Western Australia
Child and Adolescent Health Service



Luçoi de pial ë guöp tēnnë meth ku raan kuäi (Child and Adolescent Health Service)

15 Hospital Avenue, Nedlands, WA, 6009.

Telepuun: (08) 6456 2222

Acı göör në: Akut ë pial de abaköök (Refugee Health Service)

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Athöör kënnë alëu bi cök tō në kuëer kök yiiic të cennë ye thiëëc në raan niöp guöp.

Kë ba ŋic: Athöör kënnë acı göör ke bi ya kë de piöocë raan ëbën ku benne wël ya thiäi biyic. Guik raan akim tēnōŋ en këduöön koor ba thiëëc në jiëëm akim koor.

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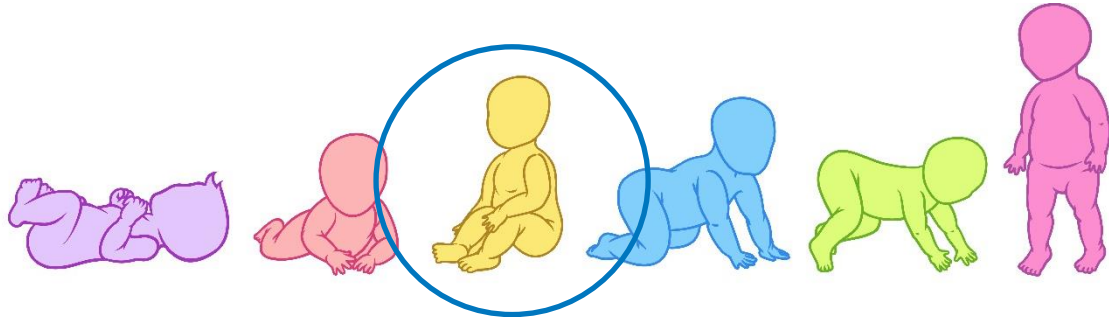


Wö ci akut ë Healthway leec në kë cen luçoi miçc wëu, men ci lööm ke koc ci mat kënnë akut de Ishar





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

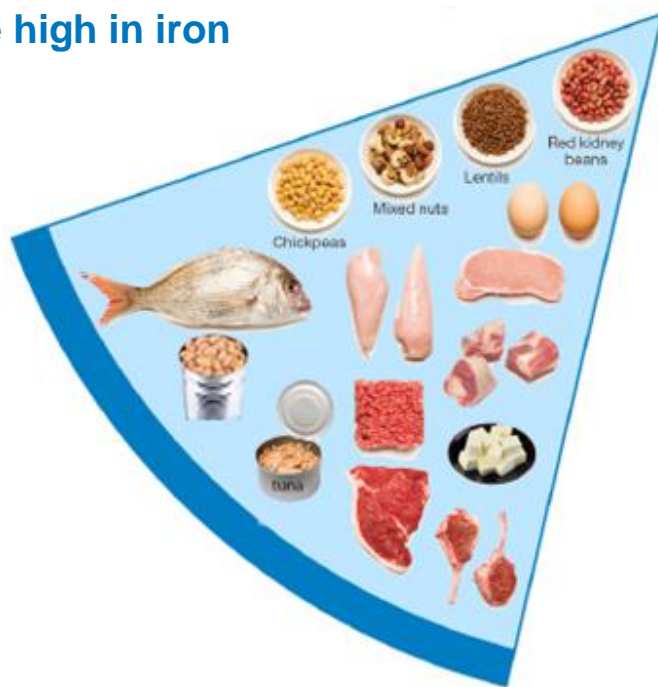


Stop bottles and formula when your baby is 12 months. Continue breastfeeding for as long as you wish, but your baby should also be eating a variety of food at 12 months.



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

<p>Vegetables</p>	
<p>Fruit</p>	
<p>Grains and cereals</p>	
<p>Yoghurt and Cheese</p>	



Save money by making home-made puree food

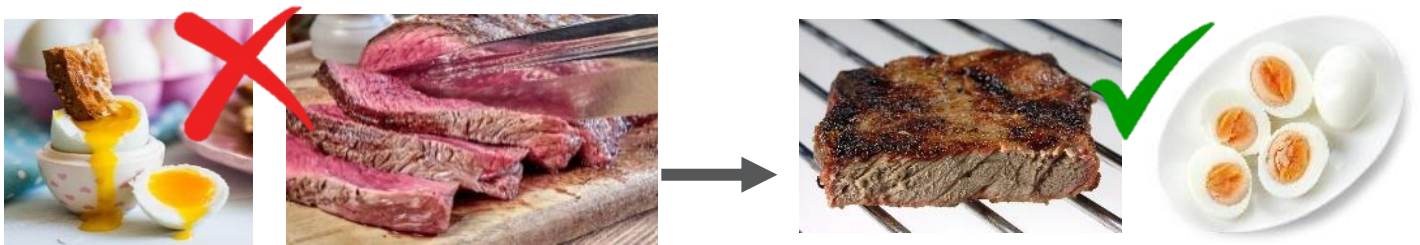


Home-made food is healthier than pouches



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

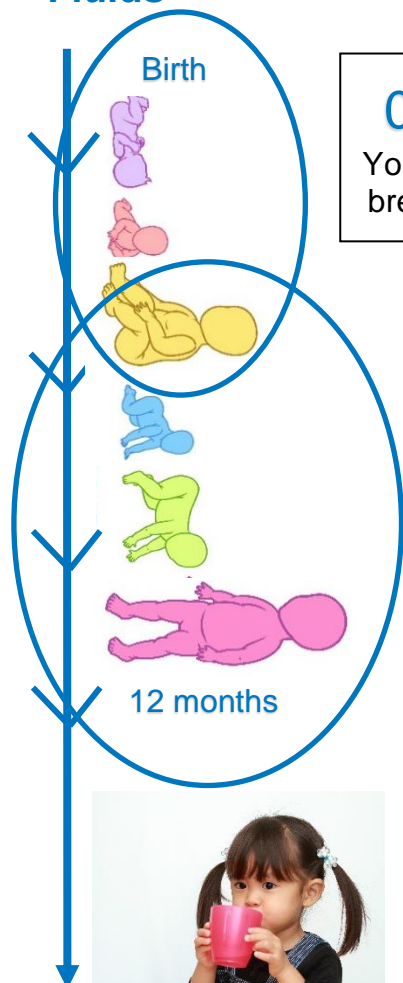


Tea and coffee

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

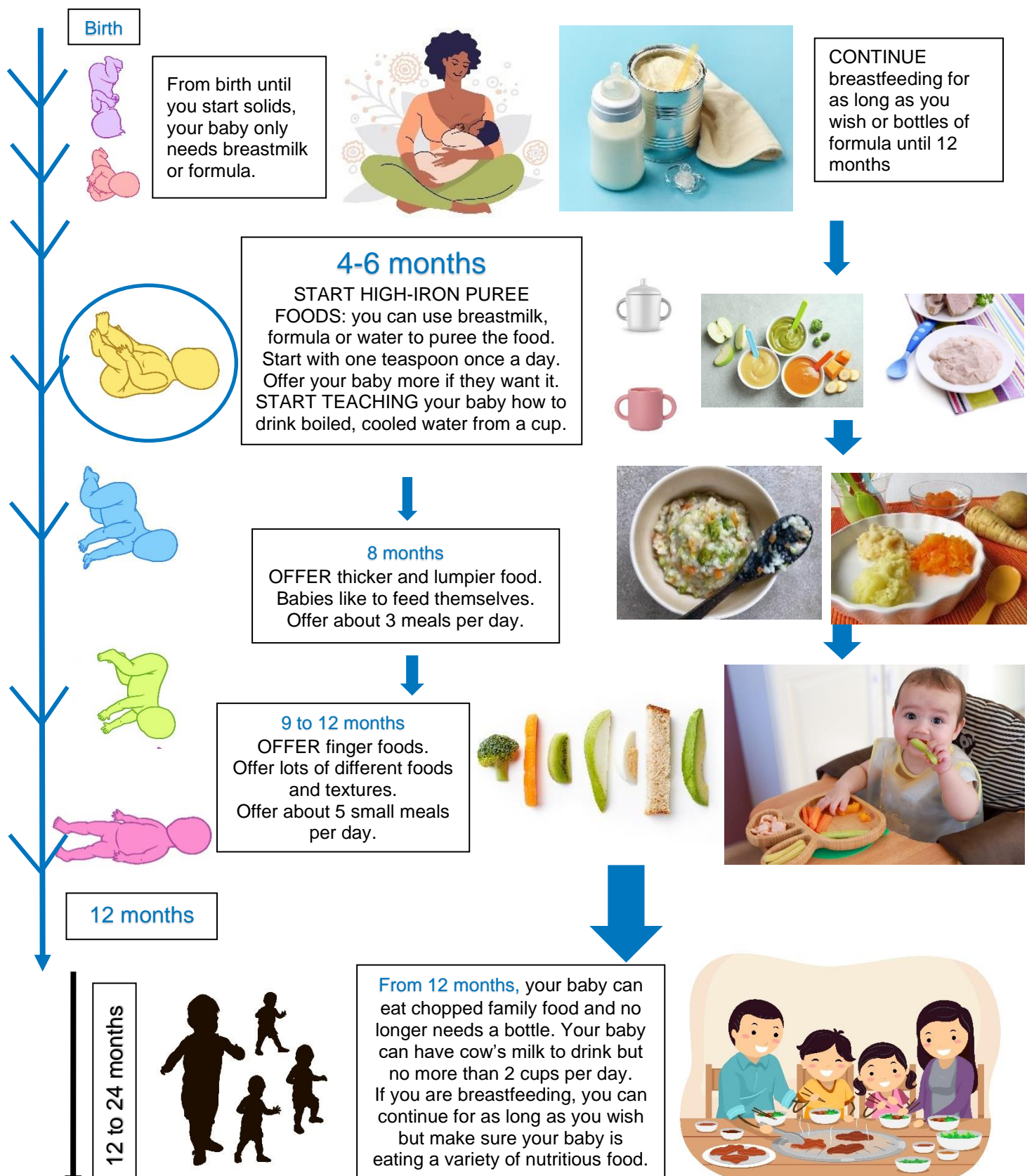


Yoghurt
1 serve = 200g

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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Child and Adolescent Health Service



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