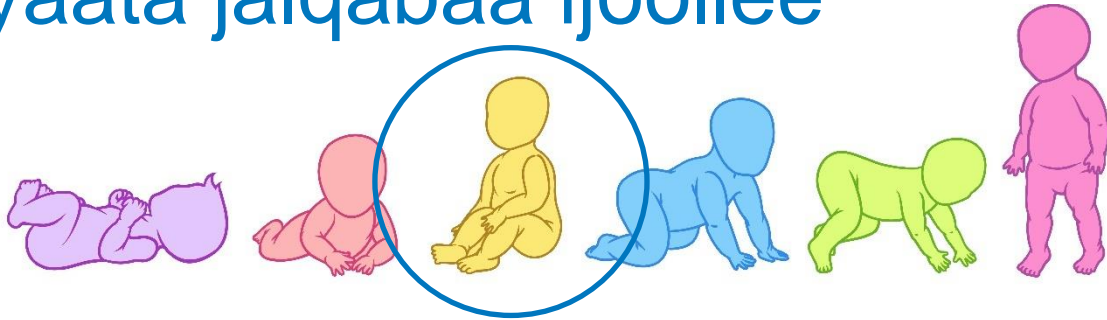




# Nyaata jalqabaa ijoollee



Yeroo mucaan kee qophoofu, **gara baatii 6, garuu baatii 4 dura miti**, osoo harma hoodhsisaa ykn foormulaa kennituufii gosoota nyaataa jajjaboo, ayireonii hedduminaan of keessaa qaban, nyaatuu barsiisi

## Nyaata jajjabaatuu nyaachuuf qophii tahuuf mallatto mucaan kee agarsiisu



Waan ittiin xabatan harkaa fi afaan isaanii



Taaúu fi mataa ol qabatuu dandaú



Fedhii nyaataa qabaatuu







Yeoo mucaan kee baatii 12 tahu xuuxxoo (bottles) fi aannan foormulaa kennuufii dhaabi. Yeroo dheeraa hamma barbaadde harma hodhsisuu itti fufi, garuu akkasumas baatii 12t gosa nyaataa adda addaa kenniif.





Nyaata kan biroo barbaachisaa tahe waliin wal barsiisuu

<p>Kuduraa</p>	
<p>Fuduraa</p>	
<p>Callaa fi sanyii midhaanii wal makaa</p>	
<p>Itittuu fi baaduu gogaa</p>	



**Nyaata mooqaa (puree) manatti hojjetame qopheessuufiidhaan maallaqa itti baastu qusadhu**

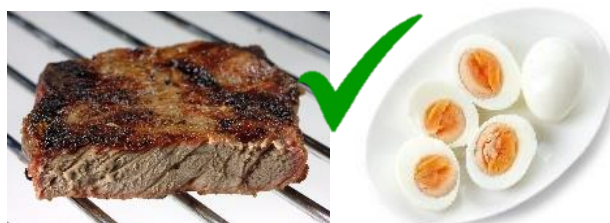


**Kan gaabaa irraa bitamu caalaa nyaatni manatti hojjetamuuf fayyaaf gaarii dha.**



**Damma, shukkaara ykn ashaboo itti hin dabaln. Baatii 12 dura dammi gaarii miti**

**Hanga mucaan kee baatii 12 ol tahutti nyaatni takka takka kennuufiin gaarii miti.**



Killee dheedhii ykn foon dheedhii

Killee ykn foon suuta bilcheessame



## Mucaa kee nyaachuu hin dirqin



Yoo mucaan kee nyaatuu dide dhiisii sa'aa 2 hanga 3 turii itti deebi'ii yaali



Mucaan kee hangam akka nyaatuu barbaadu ofiin haa murteessatu

## Naannoo baatii 6 mucaan kee bishaan bulluqee qabbanaawe shini keessaa akka ofiin dhugu barsiisuu eegali



Shinii keessaa dhuguu baruun guddina, fayyina ilkee fi dubbannaa afaaniitiif mucaa keetiif barbaachisaa dha

## Naannoo baatii 8 yeroo tahu nyaata kukkutamee fi qubaan qabanii nyaatan haa jalqaban



Nyaataan xabatuu fi ittiin of booxee nyaatuu baruun guddina mucaatiif barbaachisaa dha.

Mucaan kee nyaata isaa ofiin fuudhee haa nyaatu.

Yoo mucaan kee nyaata alanchuu fi liqimsuu irratti yaaddoon sitti dhagahame doktora fayyaa keetti dubbadhu.

## Kunuunsa ilkee



- Huccuu qulqulluu fi ciidhaa taheen afaan mucaa kee guyyaatti yeroo lama qulqulleessi
- Akka ilkeen biqiltee mul'atuu eegalteen kan ilkee ittiin rigatan lallaaftuu, xiqqoo taate dhimma bahii qulqulleessi
- Umrii baatii 12tti xuxxoodhaan (bottle) mucaa obaasuu dhaabi
- Baatii 12 booda saamunaa ilkee ittiin rigatan filooraayidii jedhamuun qulqulleessuu jalqabi



Yeroo mucaa kee irribni qabaa jiru nyaata hin kenniniif. Kun dhibee ilkee itti fidee mucaan kee nyaata fayyaaf tahu guyyaa nyaatuu dhiisuu mala.



Dhukkubbiin ilkee jabina ilkee mucaa kee irratti, dabalees guddinaa fi irriba mucaa keetii irratti dhiibbaa qabaata



Cuunfaa fuduraa, dhugaatii lallaafaa ykn dhama (Yakult)

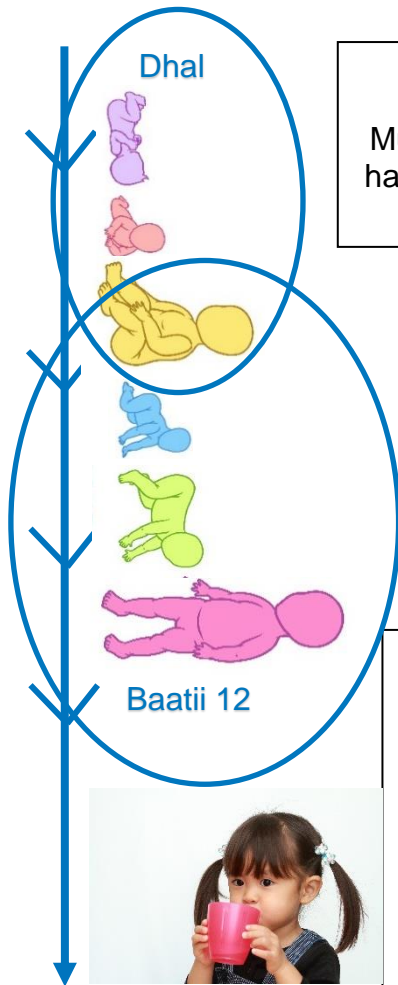


Shaayee fi buna

Mucaan kee shaayee, buna, cuunfaa fuduraa ykn dhugaatii lallaafaa hin barbaachisu. Shaayee fi bunnii mucaan kee ayireenii argatuu irraa dhorka. Dhammi (Yakult), cuunfaan fi dhugaatii lallaafaan shukkaarummaa guddaa of keessaa qabu ilkees ni balleessu.



## Dhugaatii



**Baatii 0-6**  
Mucaan kee aannan harmaa ykn formulaa qofa barbaada



**Baatii 6-12**  
Bishaan boombaa keessaa bulluqsamee deebisee qabbanaawe kenniif  
Mucaa kee aannan foormulaa kennuufii ykn harma hodhsisuu itti fufi.



**Baatii 12 irraa eegalee**  
Mucaan kee bishaan xororsaa (tap) keessaa dhuguu danda'a.  
Mucaan kee akka itti shini ykn shinii keessaa unatan keessaa dhugu beekuu qaba.  
Xuuxxoodhaan (bottles) obaasuu dhaabuu qabda.



## Adii



Aannan loonii ykn aannan sooyyaa daakame



Baaddu gogaa  
Si'a 1 = muraa 2

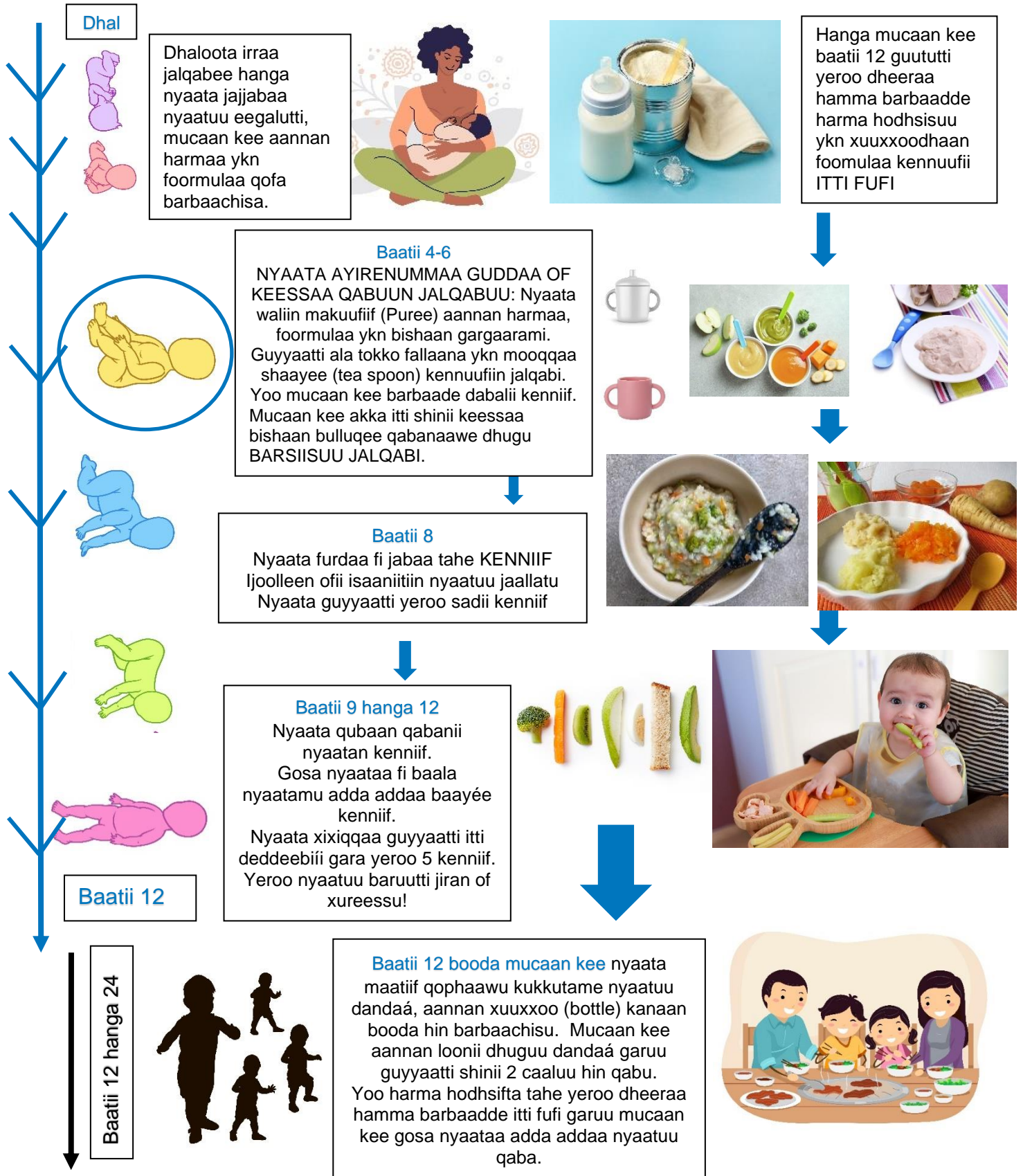


Itittuu  
Si'a 1 = giraamii 200

Baatii 12 booda, mucaan kee guyyaatti yeroo 1 hanga lamaa adii loonii (dairy) nyaatuu qaba. Mucaa kee guyyaatti aannan mili 500 caalaa hin kenniniif. Hanga mucaan kee waggaa 2 guututti aannan dhadhummaa (full-cream) ykn adii loonii (dairy) coomummaa (full-fat) of keessaa qabu kenniif.



## Walitti qabaa ykn nyaata jalqabaa





**Akka hin hudhamne eegi**

Yeroo mucaan kee nyaata nyaattu yeroo hundaa ilaali:

- Osoo nyaatni afaan keessa jiruu akka mucaan kee hin sossoone, hin daa'imnee ykn hin deddeemne dhorki.
- Mucoolii fi ijoolleen nyaata xixiqqaa, jajjaboo, geengee (round) ykn haphummaa (sticky) qaban kan akka ataraa, kaarotii fi apilii isaan hudhuu dandaá.
- Nyaata kan akka ija greepsii fi timaatimaa kukkutiif
- Gosa nyaataa kan akka apilii, kaarotii fi baaqelaa afeelii, daaki ykn bulleessii kenniif.
- Foon, lukkuu fi qurxummii irraa qola (gogaa) baasi, lafees keessaa baasi
- **Hamma mucaan waggaa 5 guututti shuburaa fayyaa hin kenniif.**

**Alerjii**

Ilaali

- Dhiita fuulaa, ija irra ykn hidhii, irree ykn ceekuu (welts) dhiita diimatee gogaa irratti mulátu)
- Haqqisaa fi garaa yaasaa
- Gogaan qaamaa horbobbawuu (rashes) ykn diimatuu

**Yoo mucaan kee alerjii qabaate, nyaata dhibee sana itti fide irraa dhaabii doktora fayyaa keetti dubbadhu.**

**Yoo mucaan kee nyaata kana irraa miidhaa guddaan irra gahe daddaffiidhaan lakoyisa 000 bilbili.**

- Afuura baasatuu dadhabuu ykn muddamuu
- Qakkee (wheeze) ykn qufaa walitti fufu
- Dhiita arrabaa
- Gogaan qaamaa jijjiiramuu fi quncawuu

Odeeffannoo alerjiif as ilaali;

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

(Vidiyoon afaan Burmaa, Chin Haka, Hazaragi, Karen ni jira) <https://preventallergies.org.au/translated-infant-feeding-resources/>



Government of **Western Australia**  
Child and Adolescent Health Service



**Tajaajila Fayyaa Ijoollee fi Ijoollee jajjaboo (adolescent)**

15 Hospital Avenue, Nedlands, WA, 6009. Bilbila: (08) 6456 2222

Tajaajila Fayyaa Dahataa (Refugee Health Service) qopheessame

Caqasa (Ref): 1565.15 © CAHS 2023

Yoo gaafataniif waraqaan kun namoota dhibama qaamaa qabaniif bifa akka biroottiin ni jira.

**Ibsa:** Maxxansi kun barmoota walii galaa fi odeeffannoof jedhamee ti. Gorsa fayyaatiif ogeessota kunuunsa fayyaa dandeettii qaban quunnami. Tajaajila Fayyaa Ijoollee fi Ijoollee Jajjaboo (Child and Adolescent Health Service) © State of Western Australia



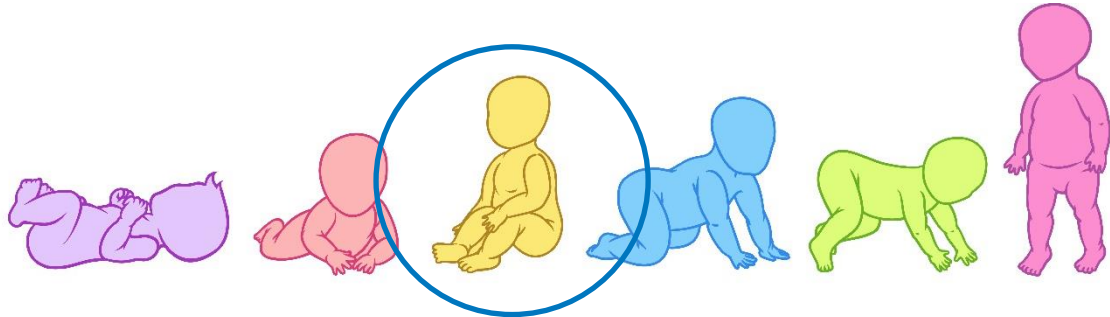
Multicultural Women's  
Health Services



**Daandii Fayyaa (Healthway) kan Ishar waliin wal tahuudhaan hamilata (project) kana maallaqaan nu gargaaran galateeffanna**



# 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

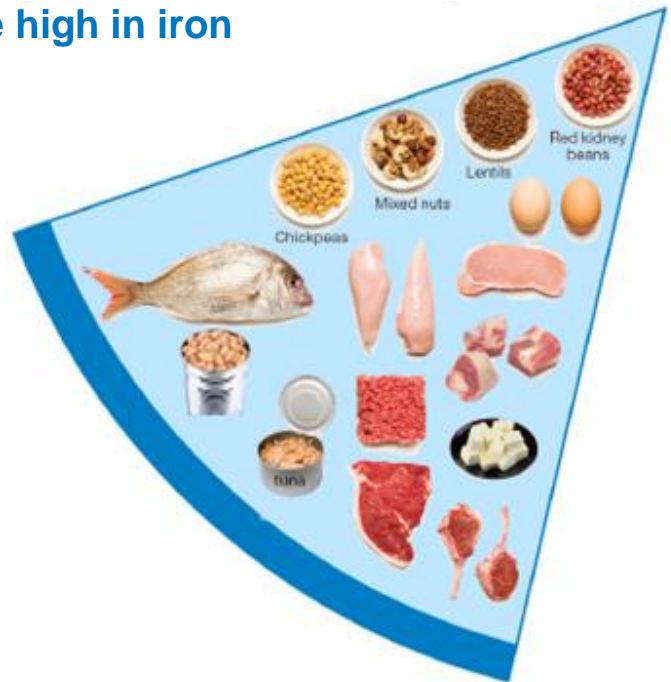


Stop bottles and formula when your baby is 12 months. Continue breastfeeding for as long as you wish, but your baby should also be eating a variety of food at 12 months.



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

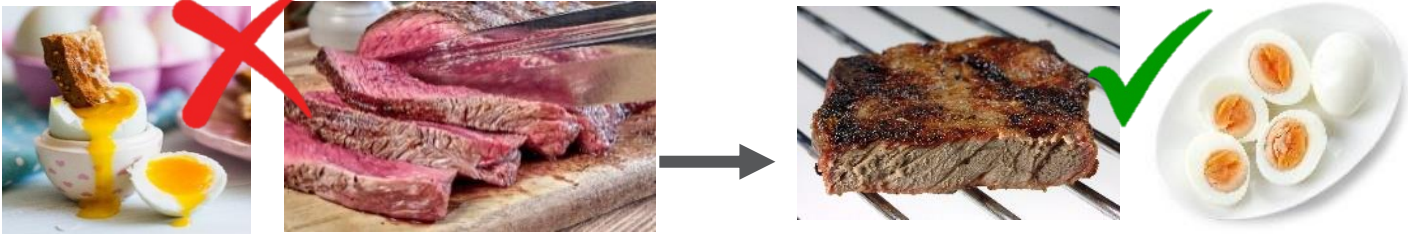


Home-made food is healthier than pouches



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

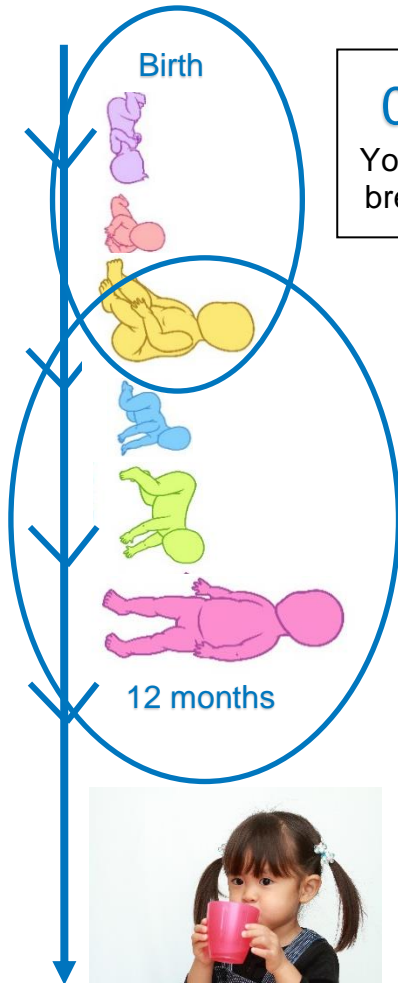


Tea and coffee

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



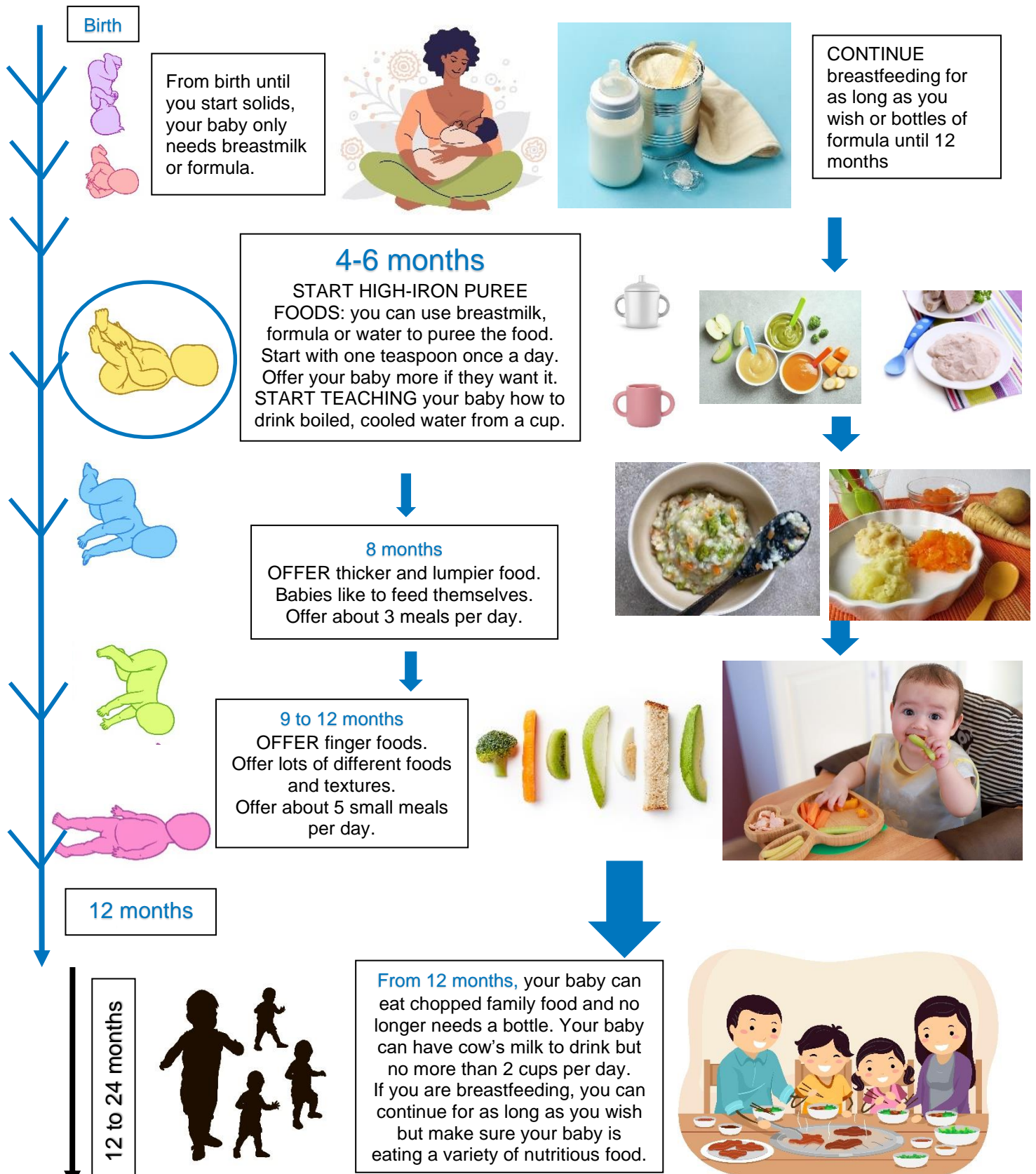
Yoghurt  
1 serve = 200g

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/>



Government of Western Australia  
Child and Adolescent Health Service



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