

PARENTING TIPS INFANTS (0-1 YEARS)

If your child is less than 1 year of age, here are some things you can do to help your baby stay safe and healthy.

Talk to your baby often to help them feel calm and safe.



Read, sing, and talk to your baby for healthy mind growth.



To help keep your baby safe, try to **avoid** small toys and items that they might easily put in their mouth.



DO NOT shake your baby. Shaking can cause brain injury or death.



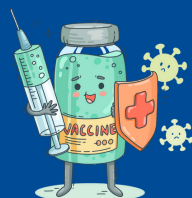
Always put your baby on their back to sleep to help prevent Sudden Infant Death Syndrome (SIDS).



AVOID carrying hot food or drinks while holding your baby as it could spill and cause burns.



Make sure your baby gets all their vaccines. Talk to your doctor to stay on schedule.



Prevent your baby from choking by cutting their food into small bites.



If your baby is tired and turns their face away, it's best to let them rest instead of trying to keep their attention.



Keep your baby away from second-hand smoke.



For infants 4-12 months of age, **12-16 hours** of sleep in 24 hours (including naps) is important.



Getting down on the floor helps your baby get stronger, explore and learn.



DO NOT allow your baby to play with anything that might cover their face.



Breastfeeding is recommended for the first **6 months** when possible, but other nutritious options are available if needed.



AVOID showing any screens to your child except for video chatting.



Keep your baby active to keep their little arms and legs moving throughout the day.



Praise and cuddle your baby to make them feel loved and valued.



Use a rear-facing car seat when traveling with your baby.



The Children's Health and Wellbeing Local is jointly funded by the Victorian Government and the Australian Government through the Head to Health Kids Initiative.

Scan the QR code to read more!

