Good start to life
Food and drinks a growing baby needs

0-6 months

Breastmilk is the only food Baby needs until 6 months of age.

6 months

Start with soft and smooth foods. Make food more lumpy as your baby grows.

8 months

Start to offer chopped or finger foods from 8 months. Babies like to pick up food and feed themselves.

12 months

At 12 months old, babies can eat most of the foods that the family eats.

Talk to your child health nurse or call 13HEALTH (13 43 25 84) for more information about feeding your baby.