Healthy Babies
Resource Update

Access & Capacity-building Team
Metro South Health
What are they?

- Educational resources for African women:
  - Breastfeeding your baby in Australia
  - Time to start solids for your baby

- Includes:
  - brochures
  - posters
  - fact sheets
  - illustrated easy reader
The Healthy Babies Project (2008-2009):
- formation of a Healthy Babies Coalition
- distributed to health and non-health partners including GPs, TAFE Queensland, refugee agencies, child health services and maternity services, community nutritionists and dietitians

Reviewed in 2015 by senior dietitians to align with the 2013 Infant Feeding Guidelines
Importance

The resources were developed to address:

- changed infant feeding practices on migrating to Australia
- perceptions that breastfeeding is not a common practice in Australia
- traditional practices on introducing solids not aligning with the Infant Feeding Guidelines
- lack of family and support structures in Australia
- different foods and diet patterns in Australia to that in Africa
- pressures to attend Adult Migrant English Program classes at TAFE prompting earlier weening or the introduction of artificial formula
- need for health information in a culturally appropriate format.
What’s changed?

- Around 6 months for nutrition & development:
  - the previous resources focussed heavily on infant cereals. They now include emphasis on whole foods as a preference. Images have also changed.
- Iron rich foods included, but in any order of introduction
- More variety! In vegies, fruits and the food groups
What’s changed?

- Texture: puree → lumpy → normal by 12 months (quicker than previously)
- No salt (or sugar or honey)
- Milk and other drinks offered in a cup rather than a feeding bottle:
  - inclusion of dairy products at 9 months (yoghurt, cheese), and milk as a drink at 12 months (earlier than previously)
What’s changed?

- Care with plant based diets: need iron for cognitive development
- The description and inclusion of cooled, boiled water in the info-graphic. This was changed to cater for clients who require low literacy level resources and has been checked with the community
- Minimal formatting changes made to *Breastfeeding your baby in Australia*
Time to start solids for your baby *(available in print and online)*

- Brochure (DL size)
Time to start solids for your baby *(available in print and online)*

- Introducing solids to your baby *(Poster - A2 & A4)*
Time to start solids for your baby *(available in print and online)*

- Iron-rich foods (Fact sheet - A4)
Time to start solids for your baby *(available online only)*

- Illustrated easy reader (A5)
Breastfeeding your baby in Australia (available in print and online)
Breastfeeding your baby in Australia (available in print and online)

- Breastfeeding and milk supply (Fact sheet - A4)
Breastfeeding your baby in Australia *(available in print and online)*

- Breastfeeding if you are away from your baby (Fact sheet - A4)
Breastfeeding your baby in Australia *(available in print and online)*

- Australia welcomes breastfeeding everywhere *(Poster - A2)*
Breastfeeding your baby in Australia *(available online only)*

- Illustrated easy reader (A5)
Find out more

- To download resources or to access an order form for hard copies go to: https://metrosouth.health.qld.gov.au/multicultural-nutrition-resources

- For more information please contact: Access & Capacity-building Team access&capacity@health.qld.gov.au