

BEST DRINKS FOR TODDLERS

CHOOSE WATER



- ▶ Water is cheap, easy to access and has no sugar, artificial colouring or flavourings.
- ▶ Tap water helps protect against tooth decay.



MILK AND DAIRY

- ▶ Use full-fat dairy milk and foods for children under the age of 2 years.
- ▶ Reduced-fat dairy products can be given to children over 2 years.
- ▶ From 12 months to 3 years, children should only have 250 to 375mL (1 ½ serves) of milk or dairy foods a day.
- ▶ Check non-dairy milks have at least 100mg of calcium per 100mL. Choose the full-fat version.



250mL milk = 200g yoghurt*



2 slices cheese = 40g cube cheese*



CHILDREN SHOULD USE A CUP BY 12 MONTHS OF AGE



WHAT ABOUT FRUIT JUICE?



- ▶ Too much juice can cause tooth decay, reduce appetite and give young children diarrhoea.
- ▶ Fruit juices are only for children over 12 months and should be mixed 50/50 with water. Limit to 150mL a day.

CORDIALS SPORTS AND ENERGY DRINKS SOFT DRINKS



- ▶ Avoid these drinks as they are high in sugar and sometimes have colourings, flavourings and caffeine.

BIN THE BOTTLE



USE A CUP

- ▶ Babies can be taught to use a cup from 6 months of age.
- ▶ They can learn using a sippy cup.



- ▶ Children should be able to use a cup by themselves by 12 months of age. They can give up the bottle.

DANGERS OF USING BOTTLES OVER TIME

- ▶ Tooth decay.
- ▶ Middle ear infections.
- ▶ Speech disorders.
- ▶ Iron deficiency.



IDEAS TO MOVE FROM BOTTLE TO CUP

- ▶ Try using cups with lids, spouts or straws for less mess. Start with a small amount of water then move on to other drinks.
- ▶ Change gradually. Remove one bottle at a time and replace with a cup.
- ▶ Milk is just one way to get calcium. Try other dairy foods like yoghurt, cheese, custard, milkshakes or smoothies.
- ▶ Let your child choose a big kid cup.
- ▶ Have a special tea party so children can try drinking from cups in a fun way.

