



# Introduction to the Australian Infant Feeding Guidelines

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# Session 1 - Understanding the Infant Feeding Guidelines and Breastfeeding Recommendations.

## Workbook Activity 1.1: Creating a Breastfeeding Friendly Service

Providing a breastfeeding friendly childcare service can help to encourage & promote continuation of breastfeeding. This aligns with the Infant Feeding Guidelines and has benefits for both the mother and the infant.

**Reflection:** What is your childcare service currently doing to support continuation of breastfeeding?

**Brainstorm:** What ideas do you have for improvements to your service to encourage and support breastfeeding?



Workbook Activity 1.2: Safely Handling Breastmilk

**Reflection:** What procedures does your service currently have in place to ensure that breastmilk is handled safely?

**Brainstorm:** From the session, what changes do you think would support Educators at your service and bring comfort to families regarding handling of breastmilk?



## Session 2 – Navigating Starting Solids

### Workbook Activity 2.1: Starting Solids

**Reflection:** What is the standard approach to supporting children who are starting solids at your service?

**Brainstorm:** What procedures do you have in place or could you establish to help bridge the gap between home and care and streamline solids introduction?



## Session 3 – Infant Nutrition Requirements and Allergies

### Workbook Activity 3.1: Promoting Healthy Eating

**Reflection:** What does your service currently do to promote eating aligned with the Australian Guide to Healthy Eating for Children? Think about the environment, facilities, activities (food based and non-food based).

**Brainstorm:** Following this reflection, do you have any ideas on how you could further promote Health Eating Guidelines at your service?

#### **Ideas:**

- Vegetable gardens
- Fruit trees
- Books available to read – For example: *“Eating the Alphabet”* By Lois Elhert
- Craft
- Games



## Workbook Activity 3.2: Introducing Food Allergens

**Reflection:** What does your service currently do to prompt inclusion of allergens by 12 months?

**Reflection:** What forms or tracking do you offer to families to provide comfort in the foods being provided at your service?



## Action

Throughout this series, hopefully you have learnt a lot and generated ideas on how you can support staff, families and children at your childcare service.

What will you do with these ideas?

What feels most important or urgent to help improve the experience for you, children and families at your service?

Who will you take these ideas to?



# Appendix

## 1.1. What are the Australian Infant Feeding Guidelines?

- Guidelines designed for health professionals to support families and their babies with feeding, food safety and other aspects of infant nutrition
- Developed by the National Health and Medical Research Council in 2012
- Will be referenced frequently throughout the next 3 sessions
- Brochures developed for parents and carers based on these guidelines:
  - Giving Your Baby the Best Start:  
[https://www.eatforhealth.gov.au/sites/default/files/files/the\\_guidelines/n55e\\_infant\\_brochure.pdf](https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55e_infant_brochure.pdf)
  - Starting Family Foods:  
<https://www.health.nsw.gov.au/heal/Publications/starting-family-foods-full.pdf>
  - First Foods:  
<https://www.health.gov.au/sites/default/files/documents/2021/05/first-foods.pdf>



## 1.2. Safely Handling Expressed Breastmilk & Preparing Infant Formula

### **Expressed Breastmilk:**

- <https://www.breastfeeding.asn.au/resources/using-expressed-breastmilk-child-care-settings>
- <https://www.breastfeeding.asn.au/resources/storing-ebm>
- [goodforkids.nsw.gov.au/media/2483/breastfeeding-magnet.pdf](http://goodforkids.nsw.gov.au/media/2483/breastfeeding-magnet.pdf)

### **Infant Formula:**

- <https://www.health.gov.au/sites/default/files/documents/2021/05/infant-formula-booklet.pdf>





## 1.3. Support Services

### Infant Feeding Support Services

#### **Australian Breastfeeding Association**

- Hotline: 1800 mum 2 mum or 1800 686 286
- Offer Breastfeeding Counsellors who have a Certificate IV in breastfeeding education
- Free 24/7 service
- Offer interpreter services
- Resources available online: <https://www.breastfeeding.asn.au/>



#### **Local Health Services**

- Drop-in clinics / lactation clinics
- Include a Child and Family Health Nurse
- List of locations: <https://www.health.nsw.gov.au/child-family-health-services>

#### **Aboriginal Maternal Infant Health Services and Building Strong Foundations**

- Culturally safe services for Aboriginal children, families & communities
- Provide support with areas such as baby's health, growth, development & feeding
- <https://www.health.nsw.gov.au/kidsfamilies/MCFhealth/programs/Pages/amihs-bsf-map.aspx>

Aboriginal and non-Aboriginal educators and families needing more information can approach Child Family Health Nurses, Aboriginal Health Practitioners, GP's etc.

### Other Support Services

#### **Beyond Blue**

- Provides support and services focusing on anxiety, depression, and suicide
- Free counselling support – 24/7 online or over the phone 1300 22 4636
- Resources available online: <https://www.beyondblue.org.au/>



#### **PANDA (Perinatal Anxiety & Depression Australia)**

- Provide support during pregnancy and the first year of parenthood
- Helpline: 1300 726 306
- Resources available online: <https://panda.org.au>



### Multicultural and Refugee Health Service

- Multicultural advice and assistance for families and educators
- More information available:  
[https://www.hnehealth.nsw.gov.au/our\\_services/multicultural-health-service](https://www.hnehealth.nsw.gov.au/our_services/multicultural-health-service)

### Mosaic Multicultural Connections

- Multicultural family support in the Newcastle area
- Information sessions on topics such as child development, parenting skills and Australian culture
- Referrals to services such as healthcare and legal assistance
- Family case work services for families experiencing difficulties
- More information available: <https://mosaicmc.org.au>



### Zara's House – Refugee Women & Children's Centre

- Centre located in Jesmond
- Focus on language support
- Run programs such as citizenship classes and programs to assist with Centrelink and financial management
- More information available: <https://www.zarashouse.org.au/about>

### 13YARN

- Aboriginal and Torres Strait Islander crisis support line
- Helpline (24/7 support): 13 92 76
- Resources available online: <https://www.13yarn.org.au/>



For other support services, visit: <https://goodforkids.nsw.gov.au/healthy-beginnings/support-services/>

For further information, support, and referral onto a dietitian, parents & carers may speak to their GP or [Child & Family Health Nurse](#).



## 2.1. Resources to Support Introducing Solids

### **Munch and Move – Transitioning Textures**

- <https://healthykids.nsw.gov.au/downloads/file/teacherschildcare/TransitioningTextures-Infants.pdf>

### **Royal Children’s Hospital Melbourne – Guide to Foods. Baby’s First Year**

<https://www.rch.org.au/uploadedFiles/Main/Content/nutrition/guide-to-foods-babys-first-year.pdf>

## 2.2. Gagging vs Choking

<b>Gagging</b>	<b>Choking</b>
Airway is <b>clear</b>	Occurs when something gets stuck in, and <b>blocks</b> the throat or windpipe
<i>Signs &amp; symptoms can be but are not limited to:</i>	<i>Signs &amp; symptoms can be but are not limited to:</i>
<ul style="list-style-type: none"> <li>• Face may turn red, eyes may water</li> <li>• Coughing, spluttering and retching noises</li> </ul>	<ul style="list-style-type: none"> <li>• Blue lips, face, earlobes, and fingernails</li> <li>• Coughing, wheezing, gagging</li> <li>• Difficulty breathing, speaking, or swallowing</li> <li>• Making a whistling or ‘crowing’ noise or no sound at all</li> <li>• Loss of consciousness</li> </ul>
Is a normal reflex particularly for babies when learning to eat	Prompt first aid required to avoid medical emergency. Ensure your service is meeting legislation 136 (first aid qualifications) to understand the correct first aid treatment in gagging and/or choking
Reference: <a href="https://doh.health.tas.gov.au/healthykids/blog/know_the_difference_between_gagging_and_choking_on_food2">https://doh.health.tas.gov.au/healthykids/blog/know_the_difference_between_gagging_and_choking_on_food2</a>	Reference: <a href="https://stjohnnsw.com.au/guides-choking-infant">https://stjohnnsw.com.au/guides-choking-infant</a>

### **Raising Children Poster – Choking First Aid**

- <https://raisingchildren.net.au/babies/safety/choking-strangulation/choking-first-aid-pictures>
- Infographic & poster available for download
- Available in 10 languages



### 3.1. Australian Guide to Healthy Eating for Children

#### SERVE SIZES



#### Vegetables and legumes/beans

#### Serves per day

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	2½	4½	5	5½	5½
Girls	2½	4½	5	5	5

A standard serve of vegetables is about 75g (100-350kJ) or:

- ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- ½ cup cooked, dried or canned beans, peas or lentils\*
- 1 cup green leafy or raw salad vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato

\*preferably with no added salt



#### Fruit

#### Serves per day

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1	1½	2	2	2
Girls	1	1½	2	2	2

A standard serve of fruit is about 150g (350kJ) or:

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup diced or canned fruit (with no added sugar)
- Or only occasionally:
  - 125ml ½ cup fruit juice (with no added sugar)
  - 30g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultanas)



#### Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

#### Serves per day

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	4	4	5	6	7
Girls	4	4	4	5	7

A standard serve (500kJ) is:

- 1 slice (40g) bread
- ½ medium (40g) roll or flat bread
- ½ cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- ½ cup (120g) cooked porridge
- ¾ cup (30g) wheat cereal flakes
- ½ cup (30g) muesli
- 3 (35g) crispbreads
- 1 (60g) crumpet
- 1 small (35g) English muffin or scone



#### Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans

#### Serves per day

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1	1½	2½	2½	2½
Girls	1	1½	2½	2½	2½

A standard serve (500-600kJ) is:

- 65g cooked lean meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)\*
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw weight) or one small can of fish eggs
- 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas (preferably with no added salt)
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)

\*weekly limit of 455g



#### Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

#### Serves per day

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1½	2	2½	3½	3½
Girls	1½	1½	3	3½	3½

A standard serve (500-600kJ) is:

- 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk
- ½ cup (120ml) evaporated milk
- 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar
- ½ cup (120g) ricotta cheese
- ¼ cup (200g) yoghurt
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

- To meet additional energy needs, extra serves from the Five Food Groups or unsaturated spreads and oils, or discretionary choices may be needed by children who are not overweight but are taller, more active or older in their age band.

- An allowance for unsaturated spreads and oils for cooking, or nuts and seeds can be included in the following quantities: 4-5g per day for children 2-3 years of age, 7-10g per day for children 3-12 years of age, 11-15g per day for children 12-13 years of age and 14-20g per day for adolescents 14-18 years of age.

- For meal ideas and advice on how to apply the serve sizes go to:

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

FOR FURTHER INFORMATION GO TO [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

Source: [https://www.eatforhealth.gov.au/sites/default/files/files/the\\_guidelines/n55f\\_childre\\_n\\_brochure.pdf](https://www.eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55f_childre_n_brochure.pdf)

#### Recommended serves for toddlers:

- <https://www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/recommended-number-serves-children-adolescents-and-toddlers>



## 3.2. Allergy Resources

### **Allergy Aware Website**

- <https://allergyaware.org.au/>

### **Allergy and Anaphylaxis Training**

- <https://www.allergy.org.au/patients/anaphylaxis-e-training-schools-and-childcare>

### **Nip Allergies in the Bub Website**

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

