

A story about feeding babies

(2005)

Type: Flipchart**Description:**

This flipchart is about food for babies. It covers ages from birth to six months, six months to one year, and over one year. It provides key messages for each of these age groups. This resource stresses the importance of breastfeeding throughout this period, and describes foods and drinks that are not good for babies/infants to eat in each of the age groups.

The flipchart uses colour pictures and photos to illustrate the key messages. Remote community members were invited to give advice on the flipchart content and layout, making it more relevant for people in these communities.

When to use this resource:

This flipchart has been developed to help illustrate to mothers what foods are best for their babies. It can be used by individuals, or for group information sessions in Indigenous communities. It can be used to illustrate the message being taught, and to promote discussion among mothers about their breastfeeding and infant feeding experiences, challenges and strategies.

Producer:

Northern Territory Department of Health and Community Services, Darwin

To order copies of this resource

Nutrition and Physical Activity Program, NT

Ph: (08) 8985 8021

View website:

Northern Territory Department of Health and Community Services

<http://www.health.nt.gov.au>