

Healthy drinks for children aged 1 - 4 years

(2009)

Type: Brochure

Description:

This resource is part of the *Growing strong: feeding you and your baby* set of resources developed by Queensland Health to help health staff talk with Aboriginal and Torres Strait Islander families about nutrition for mothers, babies and young children.

This brochure talks about what drinks are good for children (water and milk) and what drinks are not good (including sugary drinks, tea and coffee). It also includes information on how to look after your child's teeth.

When to use this resource:

This resource would be useful for health staff when they talk with Aboriginal and Torres Strait Islander families about nutrition for young children. It provides valuable information for women who have a young child and other family members or friends who are involved in the care of that child.

Producer:

Queensland Health, Brisbane

To order copies of this resource

Brochures are only available to those working with Aboriginal and Torres Strait Islander families in Queensland.

Order form: http://www.health.qld.gov.au/ph/documents/hpu/growingstrong_order.pdf

If you are not from Queensland you can download the PDF of these brochures from:

http://www.health.qld.gov.au/ph/documents/hpu/growing_strong.asp

View website:

Queensland Health, Population Health

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