

# Healthy foods for children aged 1 - 4 years

(2009)

**Type:** Booklet

**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.

It aims to provide parents, families and friends with suggestions on providing children with healthy foods and eating habits. It includes information on:

- feeding small children
- some foods are not good for children
- children may refuse to eat
- trying new foods
- fussy eating
- things to avoid
- 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](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](http://www.health.qld.gov.au/ph/documents/hpu/growing_strong.asp)

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