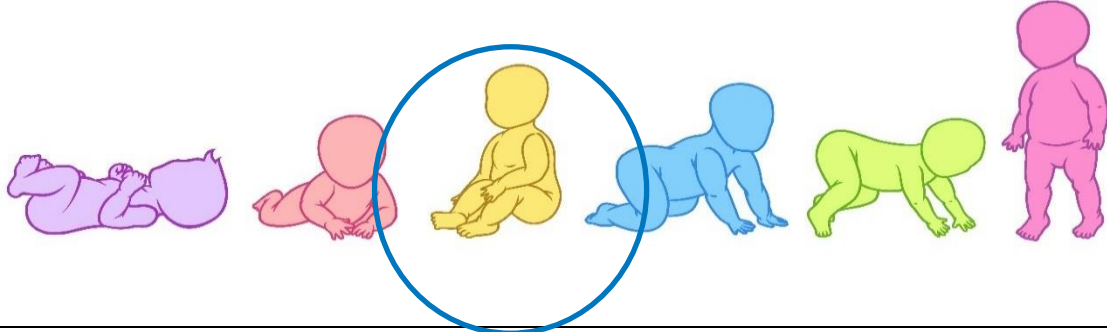




### ፈለግምቲ ናይ ህፃናት ምግብታት

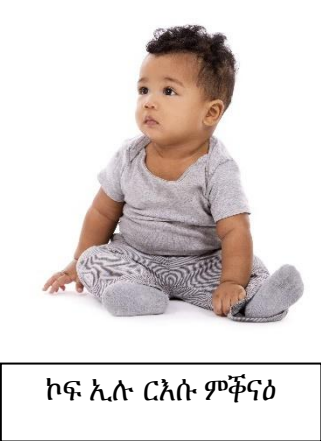


ውላድኩም ንምግብ ድልዊ ክኸውን ከሎ፤ ኣብ ከባቢ 6 ወርሒ ግና ካብ 4 ወርሒ ዘይነኣሱ፣ ጡብ እናጠወበ ወይ ናይ ህፃናት ፀባ እንዳሰተየ ከሎ ዝተፈላለዩ ደረጃ ምግብታት ምልምማድ ክተጅምሩዎ ኣለኩም፤ ብናይ ሓጺን ማዕድን ዝለምዑ ምግብታትውን ክጅምር ኣለዎ።

### ውላድኩም ንደረጃ ምግብ ድልዊ ምኃኑ ዘርእዮም ምልክታት



እእዳውን መፃወቲኡን ናብ ኣፉ ምእታው



ኮፍ ኢሉ ርእሱ ምቕናዕ



ናይ ምግብ ድልዮት ምርኣይ

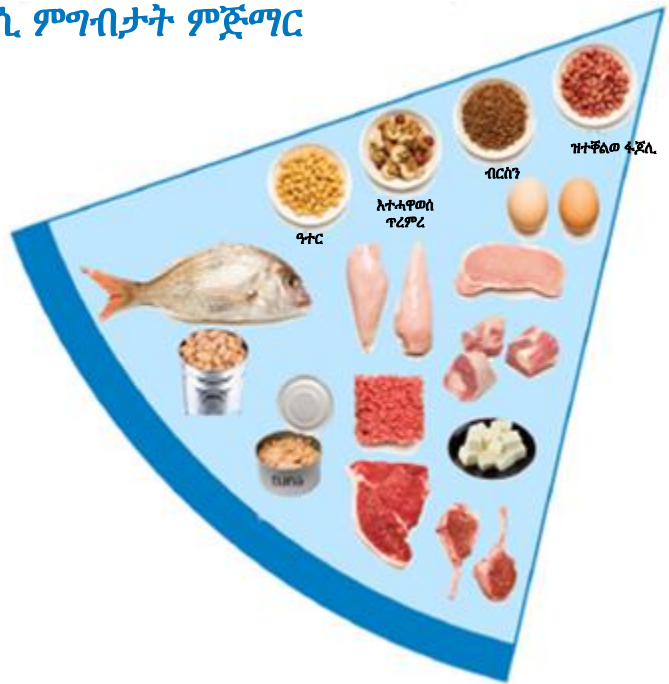


ውላድኩም 12 ወርሒ ምስገበረ ጡጦን ፀባ ታኒካን ጠጠው ክብል ኣለዎ።  
ጡብ ኣዲኡ ክንዲ ዝደለዮ ክጠቡ ይኸእል ኢዮ፤ ግና ኣብ 12 ወርሒ ዝተፈላለዩ ምግብታት ክበልዕ ኣለዎ።



**ብሓጺን ማዕድን ዝለምዑ ዝተጣሕኑን ፈሳሲ ምግብታት ምጅማር**

ምግብ
ስጋ ከፍቲ
ስጋ በጊዕ
ስጋ ሓሰማ
ደርሆ
ዓሳ
ምግብ ባሕሪ
ቶፋ/ Tofu/ edamame



**ሓጺን ዘለዎም ካልኦት ምግብታትኩ?**



ዝበሰለ ኣዳጉራ



ጥረምረ/ኣዕታር/  
/ዝበሰለ ዓተር ኣዳጉራ/



ቆፅሊ ዝበዝሐ ኣሕምልቲ



ሓምሊ/ስፕርናቺ/



ፋል/ ኦቾሎኒ  
ከሬም/ሓፊስ/ሕፋጭ







ኣፀቢቕ ዝበሰለ ኣንቋቐሓ

ንውላድኩም ድሕሪ 6 ወርሒ ናይ ሓጺን ማዕድን ምምጋብ ንዕቤትን ምዕባለን የድልዮ ኢዩ።



### ከተኣታተዉ ዝግበአም ካልኣት ጠቐምቲ ምግባታት

<p>ኣሕምልቲ</p>	
<p>ፍረምረ</p>	
<p>እኽሊ</p>	
<p>ርግኣን ኣጅቦን</p>	



ጥሑን ምግብታት ኣብ ገዛ ብምድላው ገንዘብኩም ቆጥቡ

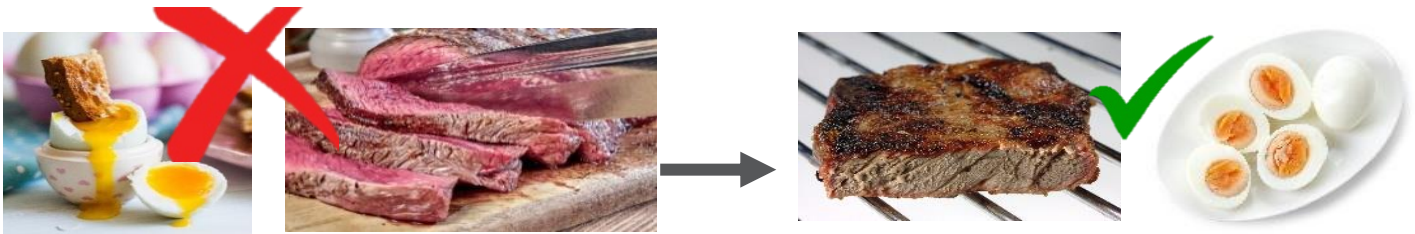


ኣብ ገዛ ዝዳሎ ምግብ ካብ ደገ ካብ ዝመጸእ ዚያዳ ጥዕንኡ ዝተሓለወ እዩ።



መዓር፣ ሸኮር ወይ ጨው ኣይትወስኹ። መዓር ቅድሚ 12 ወርሒ ምሃብ ውሑስ ኣይኮነን።

ሓድሓደ ምግብታት ውላድኩም ቅድሚ 12 ወርሒ ንክምገቡም ውሑሳት ኣይኮኑን።



ጥረ እንቋቕሖ ወይ ጥረ ስጋ

ብግቡእ ዝበሰለ እንቋቕሖ ወይ ስጋ



### ውላድኩም ክበልዕ ኣይተገድዱዎ



ውላድኩም ክበልዕ እንተዘይደልዩ፤ ግደፍዎ ፤ ድሕሪ 2 - 3 ሰዓት ጸረኡኹም ደጊምኩም ፈትንዎ።



ህፃናት ክንደይ ዝኣክል ክበልዑ ክምዘደልዩ ባዕልቶም ክውስኑ ፍቐዱሎም።

### ኣብ ከባቢ 6 ወርሒ ህፃናት ፈሊሑ ዝዘሓለ ማይ ካብ ኣዛን ክሰትዩ ምምሃር ጀምሩ።



ውላድኩም ካብ ኣዛን ክሰትዩ ምምሃር ንህፃናት ዕብየት፤ ጥዕና ስኒን ንምዝራብን ይጠቅም እዩ።

### ኣብ ከባቢ 8 ወርሒ ዝተቐራረፀ ናይ ኣፃብዕቲ ምግብን ኣጀምርዎም



ብምግብ ምፅዋትን ዘይሰሩዕ ኣበላልዓን ንውላድኩም ዕብየት ጠቓሚ እዩ።

ህፃናት ምግብ ክልዕሉን ባዕሎም ንክምገቡን ፍቐዱሎም።

ብዛዕባ ናይ ውላድኩም ናይምሕያኽ ወይ ምውሓጥ ክእለት እንተዳኣ ተሻቐልኩም፤ በጃኹም ምስ ሓኪም ተዘራረቡ።



# ክንክን ስኒ



- ናይ ህፃናት ኣፍ ብፅሓይ፣ ርሕስ ዝበለ ጨርቂ ኣብ ማዓልቲ ክልተ ሻዕ ኣጽርዩሉ
- ኣስናን ምስባሉ ንእሽቶይ ልሰሉስ ናይ ስኒ ብሩሽ ተጠቐሙ
- ኣብ 12 ወርሒ ዕድሙ ጡጦ ምጥባው ጠጠው ኣብሉ
- ድሕሪ 12 ወርሒ ትሑት ፍሎራይድ ትሕዝቶ ዘለዎ ናይ ስኒ ሳሙና /toothpaste/ጀምሩሉ



ህፃናት ደቂሶም እንተለዉ ክምገቡ የብሎምን። እዚ ናይ ስኒ ምዕማል ብምስግብ ቀትሪ ጥዑይ ምግቢ ምብላዕ ጠጠው ከብሉ ከንብር ይኸእል እዩ።



ምዕማል ስኒ ኣብ ህፃናት፣ ኣብ ዕብየት ዝርከቡ ቐወምቲ ኣስናን ክጎድእ ይኸእል እዩ፤ ብተወሳኺ እውን ኣብ ዕብየትን ድቃስን እቲ ህፃን ፅልዎ ኣለዎ።



ፅሚቕ ፍረምረ፣ ልሰሉስ መስተ ወይ መጣዕምቲ ዘለዎ ርግኣ/Yakult/

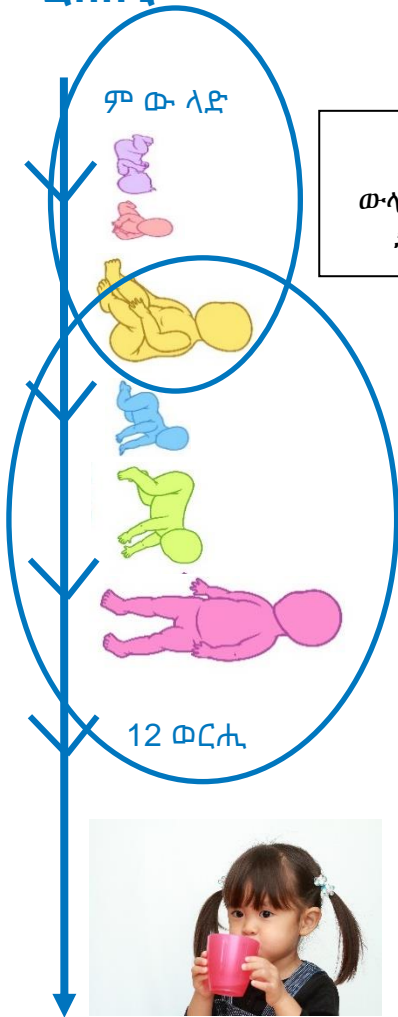


ሻሂን ቡንን

ውላድኩም ሻሂ፣ ቡን፣ ፅሚቕ ፍረምረ ወይ ልሰሉስ መስተ ኣየድልዮን እዩ። ሻሂን ቡንን ህፃናት ናይ ሓጺን ማዕድን ንኸይረኽቡ ከታዓናቕፉ ይኸእሉ እዮም። መጣዕምቲ ዘለዎ ርግኣ፣ ፅሚቕን ልሰሉስ መስተን ብዙሕ ሽኮር ስለዘለዎም ምብስባስ ስኒ ክሰዕቡ ይኸእሉ እዮም።



### ፈሰስት



**0-6 ወርሒ**  
 ውላድኩም ፀባ ጡብ ወይ ጸባ ታኒካ ጥራሕ የድልዮ።



**6-12 ወርሒ**  
 ፈሊሒ ዝዘሓለ ማይ ቡንቧ ሃብዎ። ንውላድኩም ፀባ ጡብ ወይ ዝተዳለወ ፀባ ታኒካ ምሃብ ቀጽሉ።



**ካብ 12 ወርሒ**  
 ውላድኩም ማይ ብቀጥታ ካብ ቡንቧ ክሰቲ ይኽእል ኢዩ።  
 ውላድኩም ካብ ኣዛን ወይ መምጠጢ ዘለዎ ኩባያ ብከመይ ከምዝሰቲ ክፈልጥ ይግባእ።  
 ጡጦ ጠርመሱ ምጥቃም ጠጠው ክተብሉ ኣለኩም።



### ውጽኢት ፀባ



ፀባ ላሕሚ ወይ ጸባ ደቕቕ/ soy milk  
 1 ጊዜ = 250 ሚሊ ሊትር



ኣጅብ  
 1 ጊዜ = 2 ቁራስ

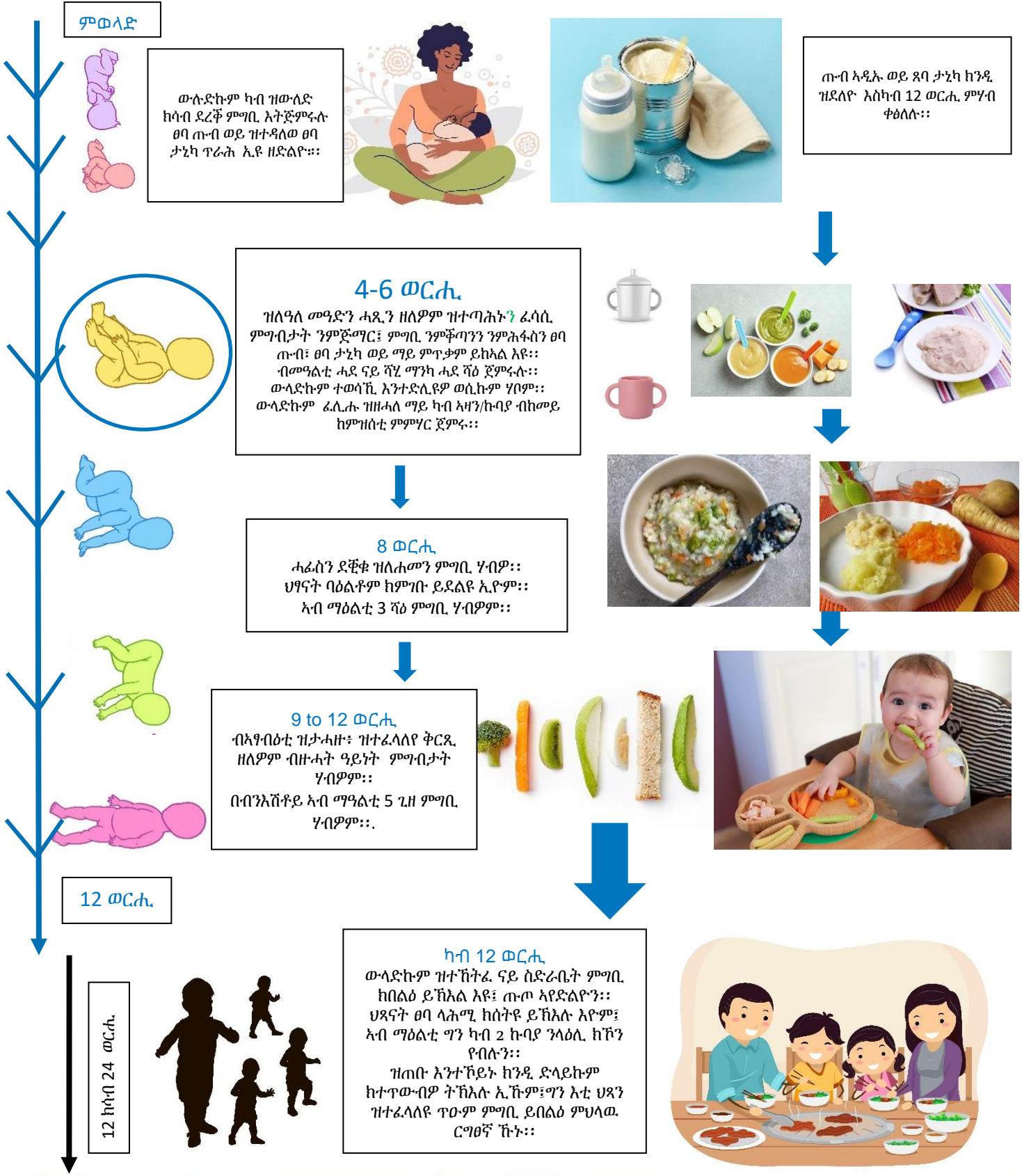


ርግኦ  
 1 ጊዜ = 200ግራም

ድሕሪ 12 ወርሒ ውላድኩም ካብ 1-2 ጊዜ ቡብማዓልቱ ፀባ ወይ ውጽኢት ፀባ ክበልፅ ወይ ክሰቲ የድልዮ ኢዩ።  
 ውላድኩም ቡብማዓልቱ ልዕሊ 500 ሚሊ ሊትር ፀባ ክወሃብ የብሉን።  
 ውላድኩም ክሳብ 2 ዓመቱ ጸልግ ጸባ /ጸባ ምስ ሙሉእ ጠሰሙ ሃቡዎ።



# መጠቅለሊ ወይ ፈላምት ምግብታት





### ፀገም ምትንፋስ ተከላኸሉ

ሀፃናት ክበልዑ እንተለዉ ኩሉ ጊዜ ተጠንቂቆኩም ተዓዘብዎም፤

- ውላድኩም አብ አፉ ምግቢ ሒዙ ክንቀሳቆስ፣ ክፈላኹ ወይ ክኸይድ አይትፍቀዱሉ።
- ሀፃናትን ቆልዑትን በአናእሽቱ፣ ተረርትን፣ ክብብቲ ወይ ከም ፉል/ኦቾሎኒ ዓይነት ዘጣብቆ፣ ካሮትን አፕልን ዘበሉ ምግቢታት ፀገም ምትንፋስ ከስዕቡ ይኸእሉ ኢዮም።
- ከም ፍረ ወይኒ ፀብሒ አቡን ዝበሉ ክብብቲ ፍረታት ክኸተፉ አለዎም።
- ኩሎም ተረርቲ ፍረምረን ኣሕምልትን ከም አፕል፣ ካሮትን ኣዕታርን ክበስሉን ክጥሓኑን አለዎም።
- ቆርባት፣ ዓፅሚን ጅማትን ካብ ሰጋ፣ ደርሆን ዓሣን ክእለ አለዎ።
- **ንትሕቲ 5 ዓመት ዕድመ ፉል/ኦቾሎኒ አይትሃቡ።**

### ኣለርጂ/ሓሳሲያ

ዝኢኦም ተዓዘቡ፤

- ምሕባጥ ገፅ፣ ዓይኒ ወይ ከንፈር፣ ኣብ ቆርባት ዝሓበጠን ዘሕክኸን (ቐይሕ ሕበጥ ኣብ ቆርባት).
- ተምላስ ወይ ተቐማጥ/ውጽኣት
- ሽፍ ኢሉ ዝወፀ ወይ ምቕያሕ ቆርባት

ውላድኩም ናይ ሓሳሲያ ምልክታት/ግብረ-መልሲ እንተሃሊዩዎ ዝጀመሮ ምግቢ ምሃብ ጠጠው ኣቢልኩም ንሓኪምኩም ተዛረቡ።

ውላድኩም ንዝኸነ ምግቢ ከምዚኣም ዝበሉ ክቢድ

ምልክታት/ግብረመልሲ ምቁጣዕ ሰውነት እንተሃሊዩዎ ናብ 000 ሽዑ ንሽዑ ደውሉ፤

- ድምጺ ዘለዎ ብርቱዕ ምስትንፋስ
- ፀገም ምስትንፋስ ወይ ቀፃሊ ሰዓል
- ምሕባጥ መልሓስ
- ዝፀምለውን ሕብሩ ዝቐየረ ቆርባትን

ብዛዕባ ሓሳሲያ ተውሳኺ ሓበሬታ ኣብዚ ዝስዕብ ክትረኽቡ ትኸእሉ ኢኹም።

<https://prevaltergies.org.au/>

(ቪዲዮ ብናይ በርማ ቻይና ሓካ ህዛራጊ፣ ካረን በዚ ዝስዕብ መራኽቢ ክትረኽቡ ትኸእሉ ኢኹም)

<https://prevaltergies.org.au/translated-infant-feeding-resources/>



Government of Western Australia  
Child and Adolescent Health Service



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Telephone: (08) 6456 2222  
Produced by: Refugee Health Service  
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Multicultural Women's  
Health Services



መዝኻኸሪ ፥ እዚ ሕታም'ዚ ዝተዳለወሉ ቀንዲ ምኽንያት ንሓፈሻዊ ምውሃብ ሓበሬታ ኢዩ። አገዳሲ ናይ ሕክምና ደገፍ እንድሕር ኣድሊዩኩም ንዝሰልጠነ ብዓል ሞያ ሕክምና ኣዘራርቡ።

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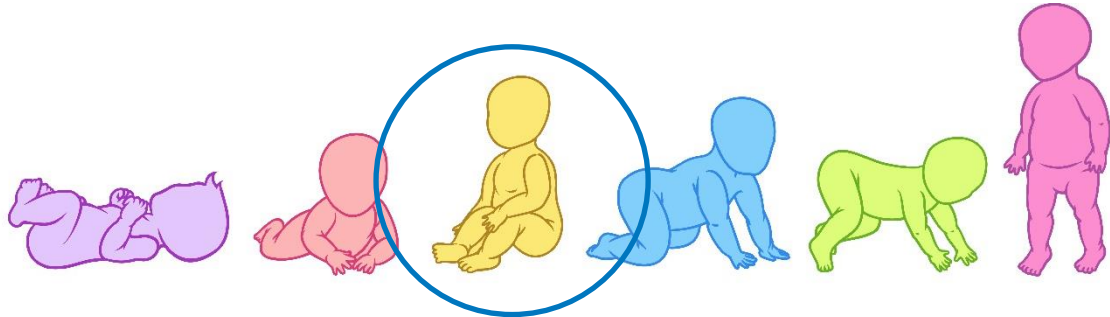
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እዚ ሕታም ብኻልእ ፎርማት ስለዘሉ ንጉዳይት ኣካላት ብሕቶ ከወሃብ ይካኣል ኢዩ።





# Baby's first foods



When your infant is ready, **at around 6 months, but not before 4 months**, start to introduce a variety of solid foods, starting with iron rich foods, while continuing breastfeeding or using infant formula

## Signs that your baby is ready for solids



Puts hands and toys in their mouth



Can sit and hold their head up



Shows interest in food

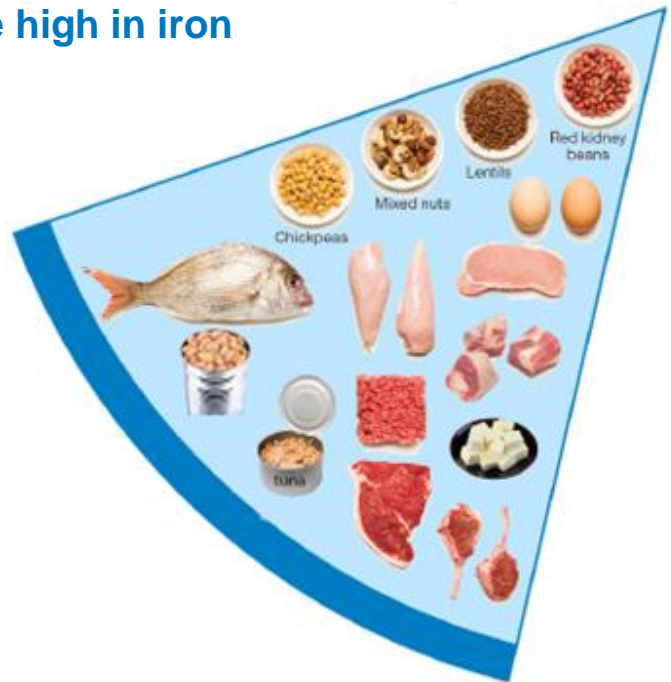


Stop bottles and formula when your baby is 12 months. Continue breastfeeding for as long as you wish, but your baby should also be eating a variety of food at 12 months.



Start with puree foods that are high in iron

Food
Beef
Lamb
Pork
Chicken
Fish
Seafood
Tofu, edamame



What other foods have iron?



Baked Beans



Legumes/pulses/  
beans, cooked



Leafy, green  
vegetables



Spinach



Almond or peanut  
puree/paste/powder







Eggs, well cooked

Your baby needs iron from 6 months to help their growth and development



**Other important food to introduce**

<p>Vegetables</p>	
<p>Fruit</p>	
<p>Grains and cereals</p>	
<p>Yoghurt and Cheese</p>	



## Save money by making home-made puree food

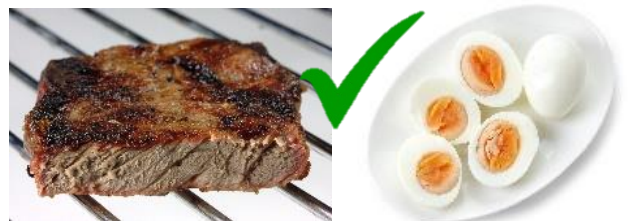


**Home-made food is healthier than pouches**



**Do not add honey, sugar or salt. Honey is not safe before 12 months.**

**Some foods are not safe until your baby is older than 12 months**



Raw egg or raw meat

Egg or meat cooked all the way through

## Do not force your baby to eat



If your baby does not want to eat, stop and try again in 2-3 hours



Let your baby decide how much they want to eat

## At around 6 months, start teaching your baby to drink boiled and cooled water from a cup



Learning to drink from a cup is important for your baby's development, healthy teeth and speech

## At around 8 months, start chopped and finger foods



Food play and messy eating is important for your baby's development.

Let your baby pick up food and feed themselves.

If you are worried about your baby's ability to chew or swallow, please speak to your doctor.



## Teeth care



- Clean baby's mouth twice a day with a clean, damp cloth
- Use a small soft toothbrush as teeth appear
- Stop bottle feeding at 12 months of age
- Start low fluoride toothpaste after 12 months



Do not let your baby feed while they are sleeping. This can cause dental carries and your baby might stop eating healthy food during the day.



Dental carries might hurt your baby and their developing adult teeth, plus impact your child's growth and sleep



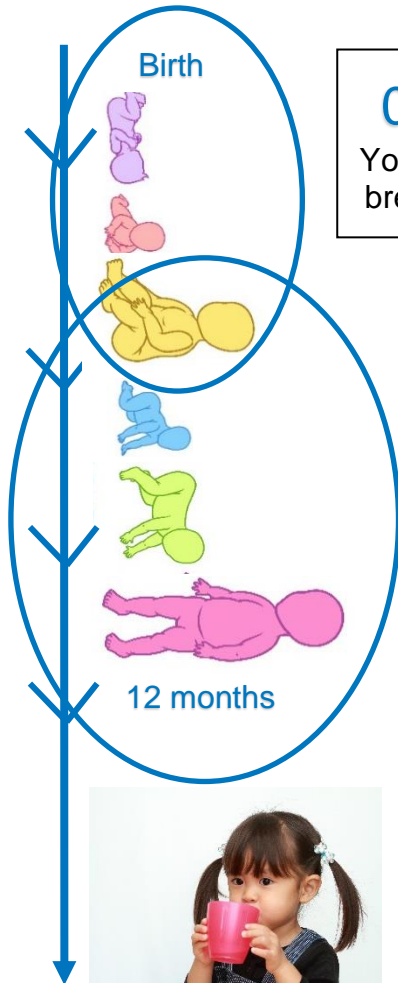
Fruit juice, soft drink or Yakult



Tea and coffee

Your baby does not need tea, coffee, fruit juice or soft drink. Tea and coffee will stop your baby from getting iron. Yakult, juice and soft drink are high in sugar and may cause dental carries.

## Fluids



### 0-6 months

Your baby only needs breastmilk or formula



### 6-12 months

Offer boiled and cooled tap water. Continue offering your baby formula or breastmilk.



### From 12 months

Your baby can have water straight from the tap.

Your baby should know how to drink from a cup or a sippy cup.

You should stop using bottles.



## Dairy



Cow's milk or fortified soy milk  
1 serve = 250mL



Cheese  
1 serve = 2 slices



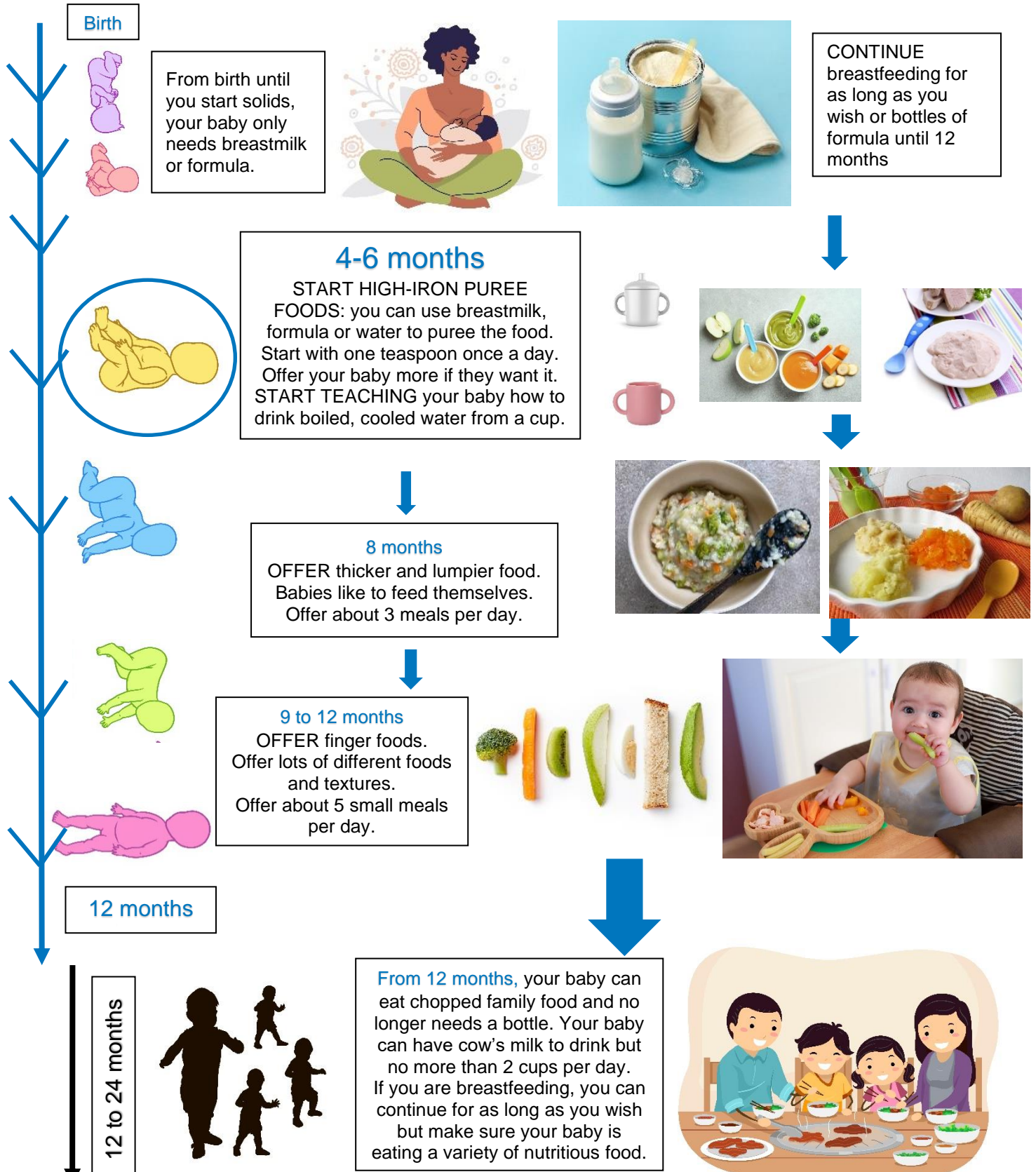
Yoghurt  
1 serve = 200g

After 12 months, your baby needs to eat or drink dairy 1-2 times every day. Do not offer your baby any more than 500mL of milk each day. Offer full-cream or full-fat dairy until your baby is 2 years old.





## Summary of first foods



## Prevent choking

Always watch carefully when your baby is eating:

- Do not let your baby move, crawl or walk with food in their mouth.
- Babies and young children can choke on food that is small, hard, round or sticky such as nuts, carrots and apple.
- Cut up round foods like grapes and cherry tomatoes.
- Cook, then grate or mash all hard fruit and vegetables like apple, carrots and beans.
- Remove skin, small bones and gristle from meat, chicken and fish.
- **Do not give whole nuts before 5 years of age.**

## Allergies

Watch for:

- Swelling of face, eyes or lips, hives or welts (red lumps on skin).
- Vomiting and diarrhoea.
- Rashes or redness of the skin.

**If your baby has an allergic reaction, stop giving that food and speak to your doctor.**

**Call 000 immediately if your baby has these severe reactions to any food:**

- difficult or noisy breathing
- wheeze or ongoing cough
- swelling of the tongue
- pale skin and floppy.

Information for allergens here

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

(videos available in Burmese, Chin Haka, Hazaragi, Karen) <https://preventallergies.org.au/translated-infant-feeding-resources/>



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This document can be made available in alternative formats on request for a person with a disability.

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