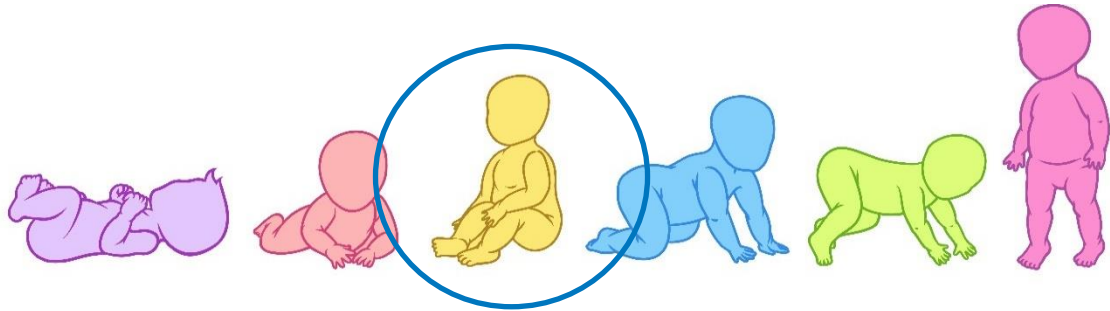




寶寶的第一餐副食品



當您的嬰兒準備好，大約在 6 個月大左右，但至少滿 4 個月後，開始引進各種固體食物，從含鐵量豐富的食物開始，同時繼續哺餵母乳或使用嬰兒配方奶。

寶寶準備好接受固體食物的徵兆



把手和玩具往嘴裡放



能夠坐著並保持頭部
穩定



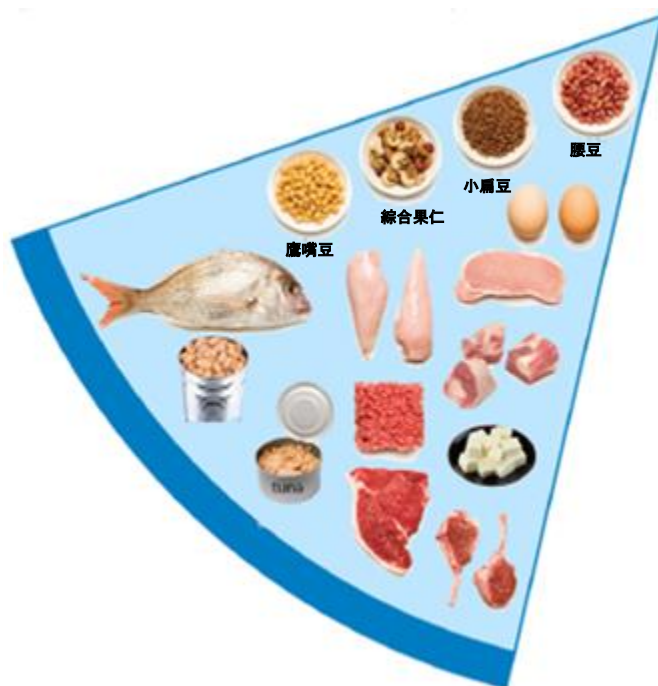
對食物感興趣



在寶寶滿 12 個月大時停止瓶餵和配方奶。您可以根據自己的意願繼續哺餵母乳，但在寶寶滿 12 個月時，應該開始進食多樣化的食物。

從富含鐵質的泥狀食物開始

食物
牛肉
羊肉
豬肉
雞肉
魚肉
海鮮
豆腐、毛豆



什麼食物含有鐵質？



焗豆



煮熟各種豆類



葉類、綠色蔬菜



菠菜



杏仁或花生泥、醬、粉







全熟的雞蛋

您的寶寶需要從 6 個月大開始攝取足夠的鐵質，以促進他們成長和發育



其他可以添加的重要食物

<p>蔬菜</p>	
<p>水果</p>	
<p>穀物和麥片</p>	
<p>優格和芝士</p>	



透過自製泥狀食物可以節省金錢



自製食物比罐裝食品更健康



不要添加蜂蜜、糖或鹽。在寶寶滿 12 個月之前食用蜂蜜是不安全的。

有些食物在寶寶滿 12 個月之前食用是不安全的



生蛋或生肉

完全煮熟的蛋和肉



不要強迫餵食您的寶寶



如果您的寶寶不想吃，那麼等 2 到 3 小時後再試試看



讓您的寶寶自己決定要吃多少量

大約在 6 個月左右，開始教導寶寶用杯子喝煮沸後冷卻的水



學會使用杯子喝水對寶寶的發育、牙齒健康和語言發展非常重要

大約在 8 個月左右，開始給寶寶切碎的和適合用手抓取的食物



進食遊戲和吃飯時弄得到處都是，這些都對寶寶的發展非常重要。讓寶寶自己拿起食物並自行進食。如果您擔心寶寶的咀嚼或吞嚥能力，請向醫生諮詢。



牙齒保健



- 每天用乾淨的濕布清潔寶寶的口腔兩次
- 當牙齒長出後，開始使用柔軟的小牙刷
- 在寶寶滿 12 個月時停止使用奶瓶餵奶
- 在 12 個月後開始使用低氟牙膏



請不要讓寶寶在睡覺時進食。這樣做可能會導致蛀牙，而且寶寶在白天可能會停止進食健康食物。



蛀牙可能會對寶寶和他們正在發育的恆牙造成傷害，同時也可能影響孩子的成長和睡眠。



果汁、汽水或養樂多

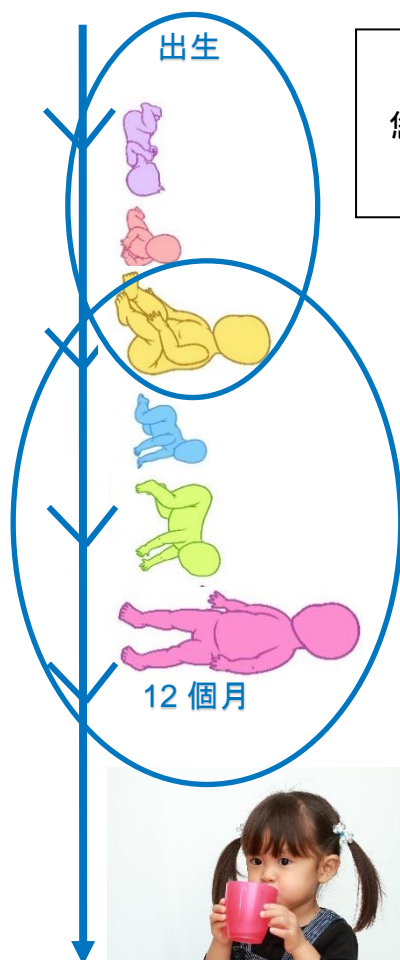


茶和咖啡

寶寶不需要喝茶、咖啡、果汁或汽水。茶和咖啡會阻礙寶寶吸收鐵質。養樂多、果汁和汽水含糖量較高，可能導致蛀牙。



液體



0 到 6 個月大
您的寶寶只需要母乳
或嬰兒配方奶



6 到 12 個月大
提供經煮沸並冷卻的自來水。
繼續給寶寶提供嬰兒配方奶或母乳。



從 12 個月大開始
您的寶寶可以直接喝自來水。
您的寶寶應該學會如何使用杯子
或學習水杯。
您應該停止使用奶瓶。



乳製品



牛奶或是強化豆漿
1 份 = 250 毫升



芝士
1 份 = 2 片

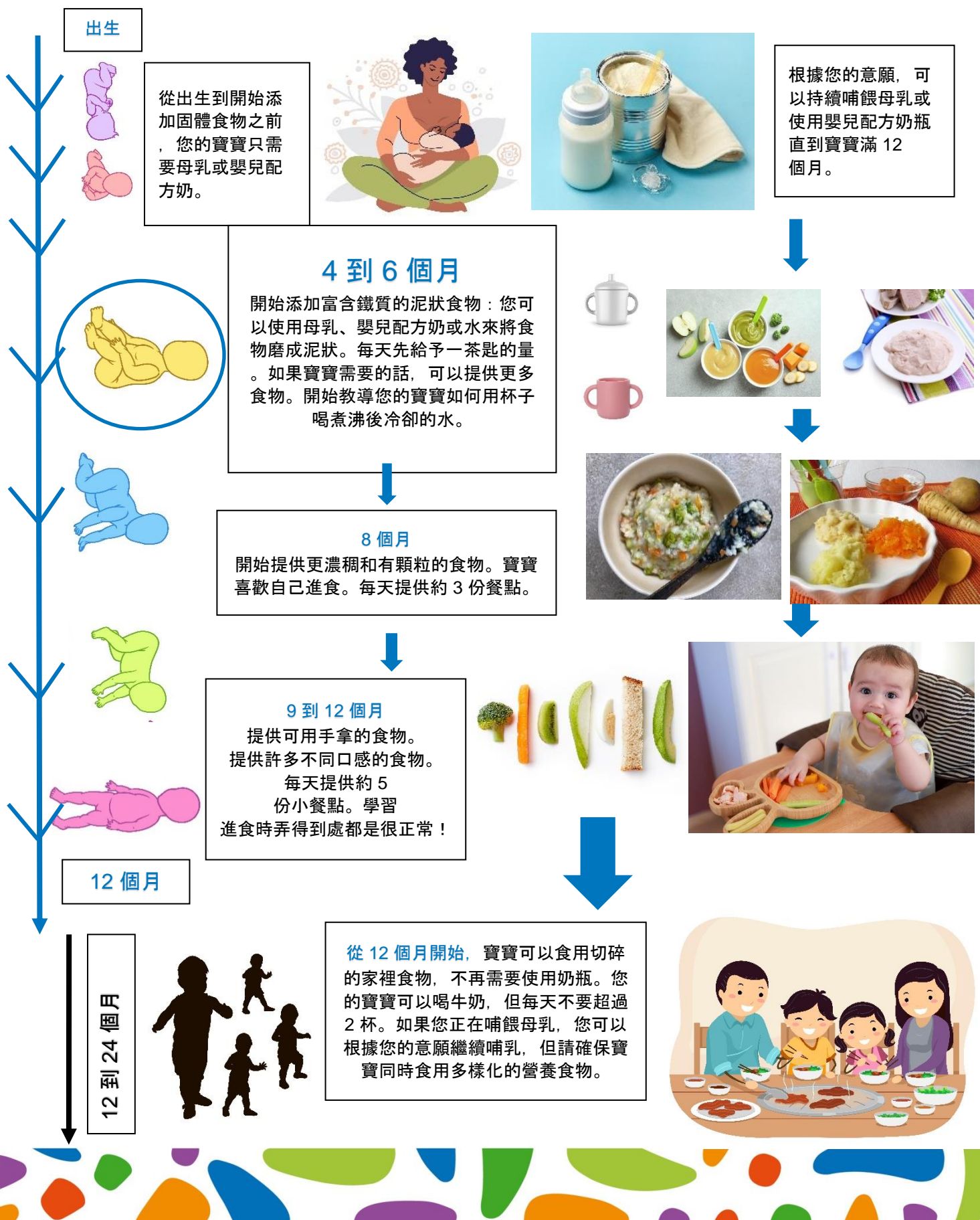


優格
1 份 = 200 克

在 12 個月大之後，您的寶寶每天需要進食或飲用 1-2 次乳製品。
每天不要給寶寶超過 500 毫升的牛奶。
在寶寶 2 歲之前，請提供全脂或全脂乳製品。



寶寶副食品總結



預防窒息

在寶寶進食時要時刻保持細心觀察：

- 不要讓寶寶在口中含著食物時活動、爬行或行走。
- 寶寶和幼兒可能會因為誤食小、硬、圓或有黏性的食物而窒息，如堅果、胡蘿蔔和蘋果。
- 將葡萄和櫻桃番茄等圓形食物切小。
- 將蘋果、胡蘿蔔和豆類等堅硬的水果和蔬菜煮熟，然後刨碎或搗成泥狀。
- 除去肉類、雞肉和魚肉上的皮、小骨頭和筋絡。
- **在滿 5 歲之前不要給寶寶吃整顆堅果。**

過敏反應

注意以下情況：

- 臉部、眼睛或唇部腫脹，過敏性皮炎或蕁麻疹（皮膚出現紅色腫塊）
- 嘔吐和腹瀉
- 皮膚出現疹子或紅腫。

如果您的寶寶出現過敏反應，請停止給予該食物並諮詢醫生的意見。

如果您的寶寶對任何食物出現以下嚴重反應，請立即撥打 000：

- 呼吸困難或呼吸時有怪聲
- 喘鳴聲或持續性咳嗽
- 舌頭腫脹
- 膚色蒼白，身體無力。

更多有關過敏反應的資訊請訪問

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

(影片提供緬甸語、欽哈卡語、哈扎拉吉語和克倫語版本)

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



Government of Western Australia
Child and Adolescent Health Service



兒童與青少年健康服務

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由難民健康服務製作

參考號：1565.17 © CAHS 2023

如有需要，本文件可以根據殘疾人士的要求提供其他格式。

免責聲明：本出版物僅供一般教育和資訊目的。如需任何醫療建議，請聯繫專業的醫療人員。

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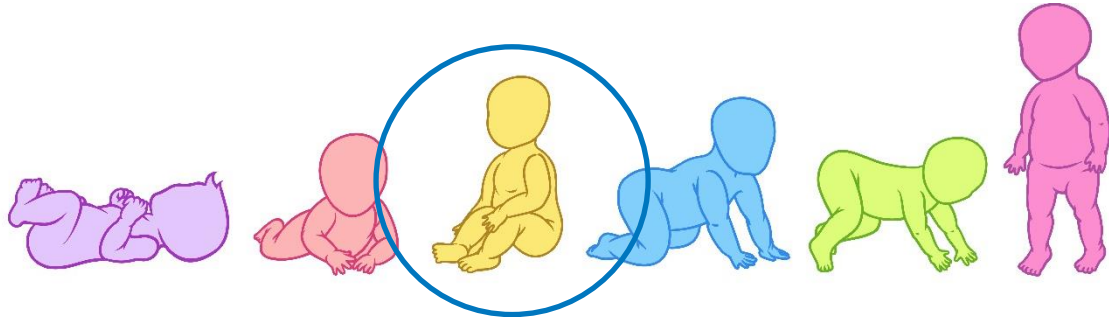


Multicultural Women's
Health Services





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

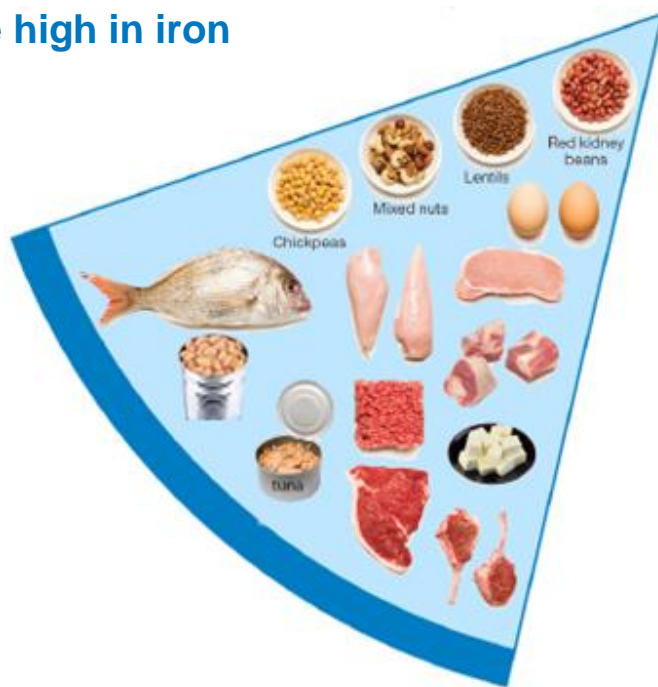


Stop bottles and formula when your baby is 12 months.
Continue breastfeeding for as long as you wish, but your baby should also be eating a variety of food at 12 months.



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

Vegetables	
Fruit	
Grains and cereals	
Yoghurt and Cheese	



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

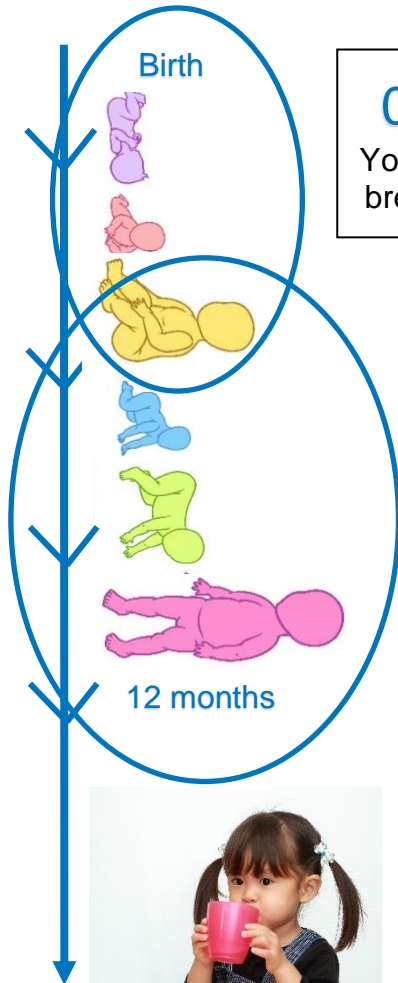


Tea and coffee

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

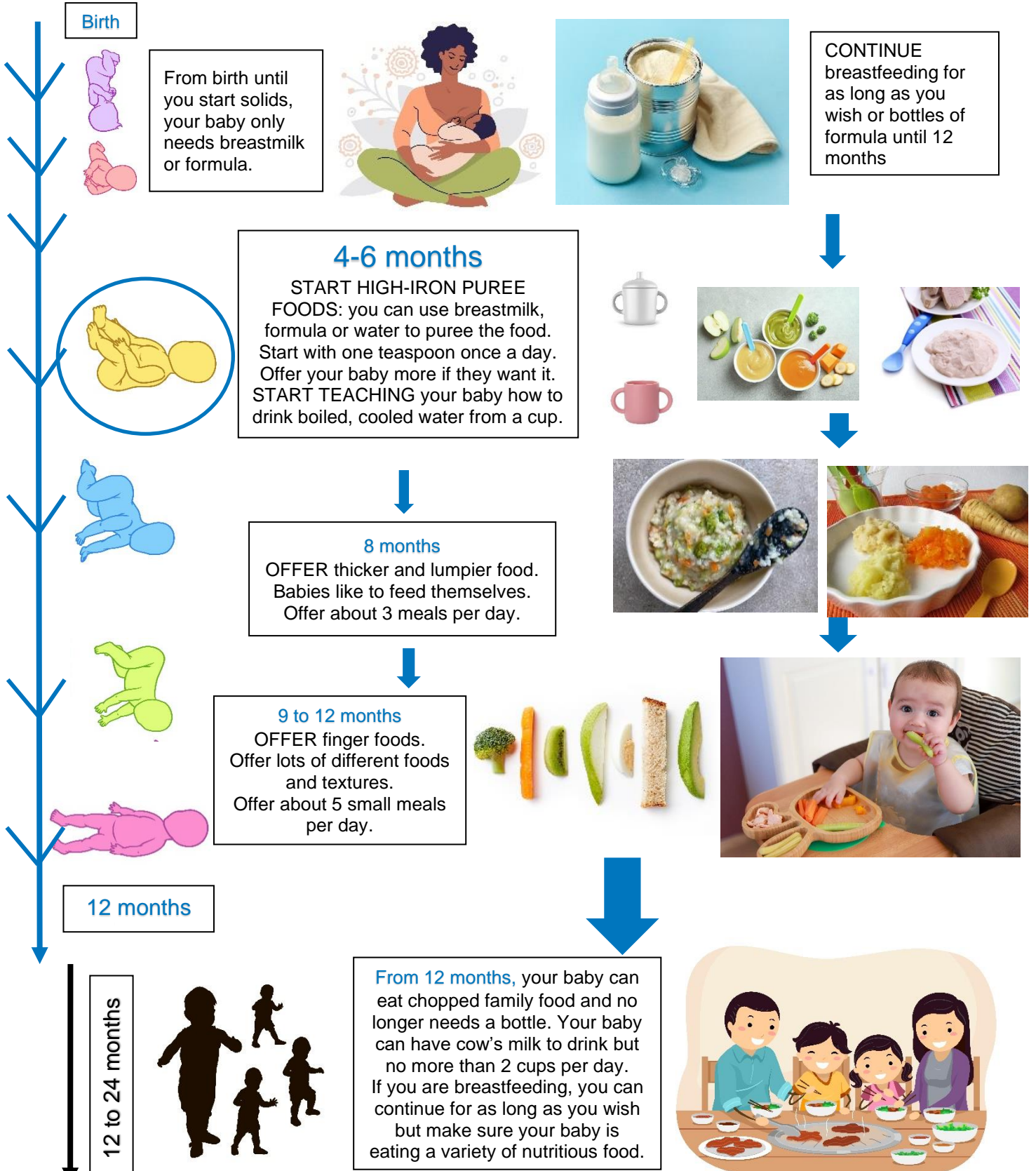


Yoghurt
1 serve = 200g

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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Health Services



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