



## How we put in place the Infant Feeding Guidelines

Nutrition plays an important role in supporting growth and development in young children. It can be tricky to know what nutrition practices are recommended for infants with so much information out there, especially if it's not consistent. The **Australian Infant Feeding Guidelines are an evidence-based and reputable source**. Check out a summary of the guidelines [here](#).



Some of the ways we support parents & carers in line with the guidelines:



**Being a breastfeeding friendly service.** This includes supporting families who choose to breastfeed to provide expressed breastmilk or breastfeed at our service for as long as they wish to. We also provide families with updates on how much breastmilk or formula is consumed. Click [here](#) for more information on the benefits of breastmilk.

**We support families in introducing solid foods.** This includes providing regular feeding updates, such as when an infant may be ready to start different food textures.



**Food provided to children is consistent with guidelines.** We also provide families with updates on the food their child eats.

**Role-modelling enjoyment of foods from the core food groups.**



All families are welcome to chat to our educators about how we can best support them.