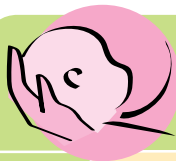




## What babies need



### “Bring on the breast!”

Babies want to be breastfed.  
There is nothing better for you or the child.

### “Bottled milk makes me grow, too!”

Babies will need formula in their first year  
if the mother does not breastfeed. Only use  
freshly prepared formula – never leftovers.



### “I want food on my spoon!”

Babies start to want baby food between the 5<sup>th</sup>  
and the 7<sup>th</sup> month. Add a new meal consisting of baby  
food every month in addition to breastfeeding.

### “That's enough!”

Babies know best when they're full.  
Leftovers on the plate are fine.



### “Bring on the water!”

Babies love to quench their thirst with water.  
Sweet drinks are bad for babies.

### “Out of the way!”

Babies want to kick and crawl – and their  
favourite place is the floor. So give them  
sufficient space and a safe environment.



### “What a pong!”

Children love fresh air, and they hate people  
smoking inside. Tobacco smoke is toxic.

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