

NSW Health

Baby milestone cards



Congratulations



These Milestone Cards are an easy and beautiful way to celebrate the first year of your baby's life.

Simply take a photo of your baby with these cards each month and share with family and friends.

In your baby's **Personal Health Record** (the Blue Book) you will find important information about your baby's health checks, development, immunisations and safety.

Your Blue Book also includes information about resources and support services that could be useful for you and your family.

Access a **Free Online First Aid Training Program** to teach you the steps involved in Cardio-Pulmonary Resuscitation (CPR) for a baby or child, and helping a baby or child who is choking or needing first aid for a burn injury.



There are seven modules that you can access at any time.

kidshealth.schn.health.nsw.gov.au/cpr

Instructions

Gently fold the Milestone Cards along the dotted line, and then carefully tear the card out of the booklet.



My name is

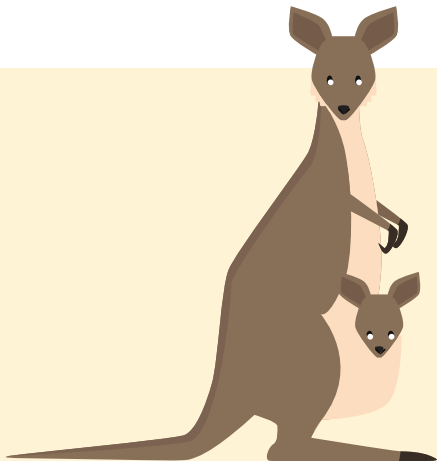
.....

Date of birth:

Time:

Length:

Weight:



Hello!



Child and Family Health Centres provide a free service to all parents in NSW. Read the **Information for Parents** section in your Blue Book to find a centre near you.

There are important **safe sleeping** steps to reduce the risk of sudden unexpected death in infancy. Read more in the **Information for Parents** section of your Blue Book.

It is recommended your baby is exclusively **breastfed**. Breast milk provides all the nutrients a healthy baby needs for around the first 6 months of life. The **safest option when breastfeeding is to avoid drinking alcohol** because alcohol can be passed to your baby through breast milk.

From birth, babies should have **supervised floor-based play**, like tummy time, every day for short periods. Tummy time is important to strengthen your baby's muscles and develop awareness of their surroundings. Tummy time should only be done when your baby is awake.

The free **Hepatitis B vaccine** is recommended within your baby's first seven days of life; this is normally given soon after birth. **On-time vaccination** is your baby's best protection against serious vaccine preventable diseases.

KANGAROO



I am
1 month



1 Month



Your baby may now be startled by loud noises. Read about your baby's development and safe sleeping in the **1-4 week check** section of your Blue Book.

It is recommended women who are breastfeeding take **iodine supplements**, see health.nsw.gov.au/iodine-supplement



Book an appointment with your local Child and Family Health nurse or your doctor for a **6-8 week check** for your baby.

Mums, don't forget to book your **6 week postnatal check-up** with your doctor.

Birth registration is free and should be completed within 60 days of birth, see bdm.nsw.gov.au

Your baby's free **6 week vaccinations** are due in two weeks. **On-time vaccination** is the best protection for your child against serious vaccine preventable diseases.



KOOKABURRA

I am
2 months



2 Months



Your baby's free **6 week vaccinations** were due two weeks ago. Make sure you book your baby in now for their immunisations if you have not done so already.

Safe sleeping reduces the risk of sudden unexpected death in infancy. Read more in the **Information for Parents** section of your Blue Book.

For support with feeding your baby, talk with your local Child and Family Health nurse, your doctor or the Australian Breastfeeding Association, breastfeeding.asn.au

Talk with your local Child and Family Health nurse about how you are feeling as a parent and ask about joining a **Parent Group**.

At around 2 months your baby begins to smile at people. Read more about your baby's development and use the **Learn the Signs. Act Early.** questions in the **6-8 week check** section of your Blue Book.

STILL SMOKING?

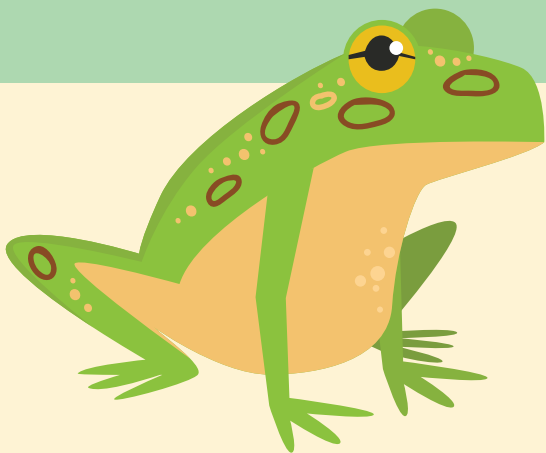
CALL QUITLINE 13 QUIT (13 7848)

OR GO TO ICANQUIT.COM.AU



KOALA

I am
3 months



3 Months



Use the **Love Talk Sing Read Play** flip book in your Baby Bundle or download the app for ideas about how to support your baby's development.

Safe sleeping reduces the risk of sudden unexpected death in infancy. Read more in the **Information for Parents** section of your Blue Book.

How are you feeling as a parent?

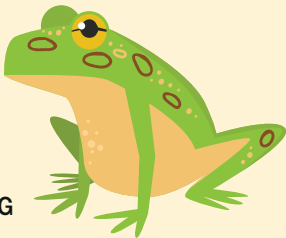
Your wellbeing matters too! Talk with your local Child and Family Health nurse or your doctor.

Joining a **Playgroup** is one way for you to connect with other parents and caregivers. You will also discover the importance of play for your baby's development, see playgroupnsw.org.au

Tummy time is important for your baby to develop the movement skills which will enable them to roll, sit and crawl. Start working up to 30 minutes of tummy time a day broken up into shorter periods.

STILL SMOKING?

CALL QUITLINE 13 QUIT (13 7848)
OR GO TO ICANQUIT.COM.AU



GREEN TREE FROG

I am
4 months



4 Months



Your baby's free **4 month vaccinations** are due now.

On-time vaccination is your baby's best protection against serious vaccine preventable diseases. Delaying immunisations places children at risk of catching diseases and becoming very sick.

At around 4 months your baby can start to roll from their tummy to their back. Be aware of important **safety concerns** for your baby, go to the **Information for Parents** section in your Blue Book.

It is recommended your baby is exclusively breastfed with no other milks, food or drinks until around 6 months.

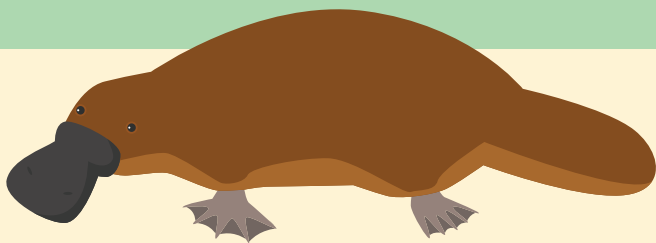
At times of heat stress (such as fever or hot weather) formula fed babies may need small amounts of cooled boiled water after their milk feed.

Thinking about returning to work? Talk with your local Child and Family Health nurse, doctor or the Australian Breastfeeding Association, breastfeeding.asn.au

RINGTAIL
POSSUM



I am
5 months



5 Months



Your baby's next free vaccinations are due at 6 months. **On-time vaccination** is your baby's best protection against serious vaccine preventable diseases. Your baby should have a routine check at 6 months — book an appointment now with your local Child and Family Health nurse or your doctor.

Your baby may start **teething** now. See the **6 month check** section of your Blue Book for more information about teething and how to look after your baby's teeth. Healthy teeth are important for general health and speech development. If your baby is unsettled, offer a teething ring or cold wash cloth. If you have any concerns talk with your local Child and Family Health nurse or your doctor.

Safe sleeping reduces the risk of sudden unexpected death. Read more in the **Information for Parents** section in your Blue Book.

At least 30 minutes of **tummy time** spread throughout the day is important for your baby to develop the movement skills which will enable them to crawl. Make this time interactive with opportunities for reaching, grasping, pushing and pulling.

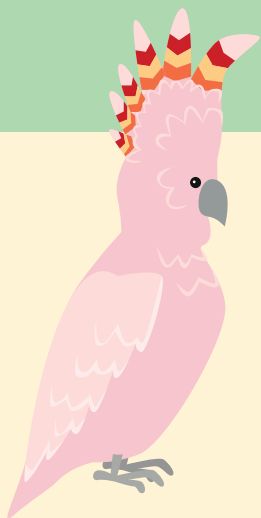
STILL SMOKING?

CALL QUITLINE **13 QUIT** (13 7848)
OR GO TO ICANQUIT.COM.AU



PLATYPUS

I am
6 months



6 Months



Your baby's free **6 month vaccinations** are due now. See the **Immunisation** section in your Blue Book for more information.

At 6 months your baby may start to sit without support. Read about your baby's development and complete the **Learn the Signs. Act Early.** questions in the **6 month check** section of your Blue Book.

From around 6 months it's time to start **solid foods**. See the **useful contacts and websites** section in your Blue Book for information about starting solid foods and healthy eating.

Most babies will be able to manage a variety of textures such as mashed, grated or finger foods like minced meat and cut up steamed vegetables. Start with very small amounts (less than $\frac{1}{2}$ teaspoon) and **don't add salt or sugar**.

Continue to breastfeed or give your baby formula as these remain the most important source of nutrition for your baby. You can offer cooled boiled water, expressed breastmilk or infant formula from a cup. Avoid fruit juice as it offers no nutritional benefits, real fruit is recommended.

From 6 months your baby can get a free flu shot.

The best way to keep your baby and family healthy is for everyone to get a flu shot.

Free flu shots are available for pregnant women, children from 6 months to under 5 years, all Aboriginal people from 6 months of age, people with serious health conditions, and all people 65 years and over.

As your baby's immune system is still new, they are at risk of developing severe flu complications like pneumonia and bronchitis that could require hospitalisation.

An **annual flu shot** is your baby's **best protection against flu** – free flu shots usually become available each April.

The flu shot is safe and cannot give your baby the flu. Your baby will need two shots, four weeks apart in the first year they are vaccinated – both shots are free.

Talk to your doctor or health worker for more information.

health.nsw.gov.au/flu



**MAJOR MITCHELL
COCKATOO**

Protect your baby from viruses



Ask family, friends and people around your baby to be vaccinated for COVID-19



Get your baby a flu shot from 6 months



Wash or sanitise your hands



Stay home if sick and get tested



Sneeze into your elbow

I am
7 months



7 Months



Use the **Love Talk Sing Read Play** flip book or download the app for ideas about how to support your baby's development.

Your baby's first **teeth** generally appear between 6-12 months of age. For tooth brushing tips see the **6 month check** section in your Blue Book.

When providing solid foods start with a small amount and increase according to your baby's appetite. Some babies may not like the taste of new foods and you may have to offer the food many times before they learn to like them. Look for signs your baby is full such as turning away, pushing the spoon away and clamping their mouth shut.

Remember **eating healthy meals together** provides the best example for your baby. For more information talk to your local Child and Family Health nurse or your doctor.

ECHIDNA



I am
8 months



8 Months



Regularly monitoring your baby's **length and weight** in your Blue Book growth charts is important to check your baby is growing normally.

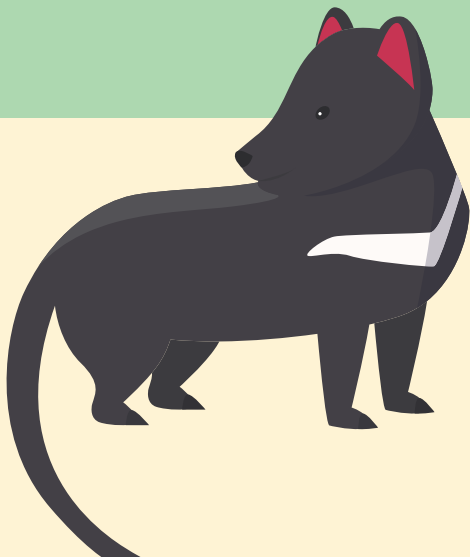
It is important to actively supervise your baby when they are in or near water at all times. Drowning is the number one cause of death for children. Read about **water and pool safety** for children in the **Information for Parents** section in your Blue Book.

Be sun safe. Make sure your baby wears a broad brim hat and long sleeved clothing, keep your baby in the shade and apply SPF30 (or higher) sunscreen.

Babies are **more likely to choke** on food than adults, so it is important to watch your baby while they're eating. Use the safety harness when your baby is in a high chair or low chair. Avoid giving your baby small hard food like nuts or popcorn, or slippery foods, such as whole grapes or whole cherry tomatoes.



I am
9 months



9 Months



Use the **Love Talk Sing Read Play** flip book or download the app for ideas about how to support your baby's development.

Continue giving your baby a variety of food. Once your baby is eating a variety of foods you can offer solid foods before breast milk or formula feeds. Remember to look for signs your baby is full.

As your baby tries more foods, remember to **avoid food with high levels of saturated fat, sugar or salt** such as juice, cordial, fizzy drinks, cakes, biscuits, confectionery and potato chips.

As your baby gets bigger they may need a different car seat. The **Information for Parents** section of your Blue Book includes important information about car safety.

STILL SMOKING?

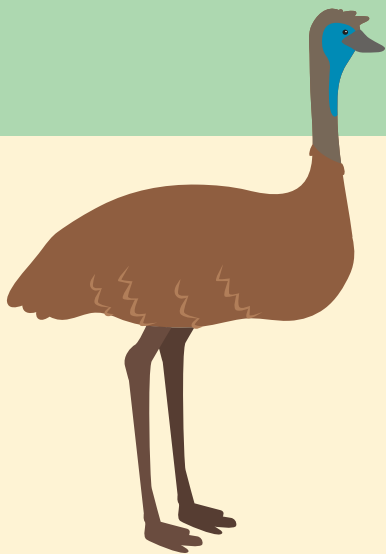
CALL QUITLINE 13 QUIT (13 7848)

OR GO TO ICANQUIT.COM.AU

TASMANIAN
DEVIL



I am
10 months



10 Months



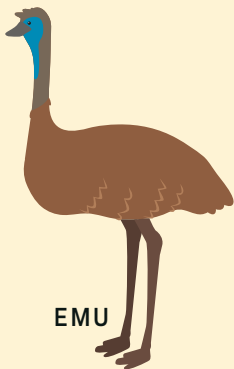
Almost all babies will learn to accept **solid foods** if they are offered in a positive, friendly way.

Babies enjoy foods that they can pick up with their hands and eat by themselves. Wash your baby's hands with warm soapy water first to help prevent illnesses and the spread of infection. Finger foods could include: whole small banana, boiled or steamed vegetables like beans or zucchini strips, and cooked lean meats cut in strips.

Your baby may be on the move, like pulling themselves up on furniture — make sure you keep medicines and poisons locked away and out of reach. See the **Information for Parents** section of your Blue Book for more safety information.

Your baby may be using more sounds and gestures to communicate. Use the **Love Talk Sing Read Play** flip book or download the app for ideas about how to support your baby's development.

If you have any concerns, check with your local Child and Family Health nurse or your doctor.



EMU

I am
11 months



11 Months



Remember **screen time** is not recommended for children under 2 years of age. Use the **Love Talk Sing Read Play** flip book or download the app for ideas about alternative activities.

Your baby's **next free vaccinations** are due at 12 months of age. If you haven't already done so, make an appointment for these vaccinations. **On-time vaccination** is your baby's best protection against serious vaccine preventable diseases.

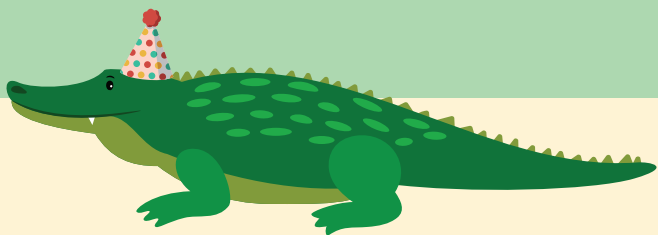
Your baby should have a routine check at 12 months — book an appointment now with your local Child and Family Health nurse or your doctor.

It is important to continue breastfeeding (or formula feeding) your baby until at least 12 months. If your baby is eating a variety of solid foods and is not finishing or is refusing milk it may be time to start less frequent milk feeds. If your baby is refusing solid foods they may be too full from milk feeds.



WOMBAT

I am
12 months



Happy birthday baby!

Your baby's free **12 month vaccinations** are due now.

On-time vaccination is your baby's best protection against serious vaccine preventable diseases.

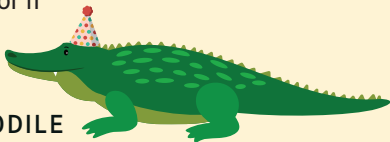
From 12 months, full cream cow's milk can be offered from a cup. Toddler follow-on milks are not necessary. If you are still breastfeeding, continue to do so for as long as you and your baby want.

Continue to refer to your Blue Book to track your baby's development and milestones, until they are ready to start school.

At 12 months most babies can stand when supported and repeat sounds and gestures. Read about your baby's development and complete the **Learn the Signs. Act Early.** questions in the **12 month check** section of your Blue Book.

It is important to regularly monitor your baby's **length and weight** using the growth charts in your Blue Book (about every 3 months).

Don't forget your baby's **next health check is at 18 months.** Remember to talk with your local Child and Family Health nurse or your doctor if you have any concerns.



CROCODILE

Access a Free Online First Aid Training Program to teach you the steps involved in Cardio-Pulmonary Resuscitation (CPR) for a baby or child, and helping a baby or child who is choking or needing first aid for a burn injury.

There are seven modules that you can access at any time.

kidshealth.schn.health.nsw.gov.au/cpr



The **Love Talk Sing Read Play** app gives you a chance to find out more ideas and information about your baby's emotional and social development.

Download the free **Love Talk Sing Read Play** app
resourcingparents.nsw.gov.au



SAVE THE DATE TO VACCINATE

On-time vaccination is
your child's best protection
against serious vaccine
preventable diseases.



health.nsw.gov.au/vaccinate

