Healthy drinks for babies under 1 year old
Breastmilk is the only food or drink babies need from birth until around 6 months of age.

- Babies can continue to have breastmilk until 2 years or older.
- At around 6 months of age your baby should start to have solid food too.
- They should also learn how to drink from a cup.
- The best drink to give your baby, apart from breastmilk, is cooled boiled water.

Healthy drinks for your baby are just as important as healthy food.
If your baby is not breastfed, they should have an infant formula until they are around 1 year old.

From 1 year old, your baby can be given full cream cows’ milk or powdered milk drinks. Babies do not need to have a ‘follow on’ infant formula. Spend the money on healthy foods instead.
• If your baby does use a bottle, fill it only with expressed breastmilk or infant formula. All other drinks should be given from a cup from 6 months old.

• Don’t let your baby fall asleep with a bottle – even if it is formula – or your baby could get ear infections.
Some drinks are not good for babies under 1 year

- Cows’ milk or powdered milk
- Tea

Do not give your baby cows’ milk or powdered milk as a drink before they are 1 year old.

This milk can:
- give your baby weak blood;
- hurt your baby’s kidneys.

Don’t give your baby tea to drink. Tea can give them weak blood.
Sugary drinks

Don’t give your baby sugary drinks like fizzy soft drink, fruit juice, cordial, sports drinks or energy drinks. These drinks are full of sugar - they can rot your baby’s teeth.

• Sugary drinks will make children too fat and cause teeth rot - milk or water are the best drinks.

• Sugary drinks can rot your baby’s teeth.
Looking after your baby’s teeth

- Avoid using a dummy for the first 6 weeks to help with breastfeeding.
- Don’t clean teats or dummies by putting them in your mouth. This will pass germs from your mouth to your baby.
- Don’t add honey to your baby’s drink, food or dummy as this can rot your baby’s teeth. In fact, try not to use a dummy at all.
• To keep your baby’s teeth clean wipe a soft cloth over their teeth and gums or you can use a small, soft toothbrush very gently (don’t use toothpaste until your baby is 18 months).

• Encourage everyone in your family to clean their teeth to help protect them from tooth rot.