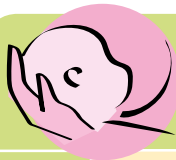




What babies need



“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 5th
and the 7th 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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Idea: University of Paderborn