

Healthy eating information

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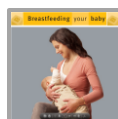
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WEBSITES



Breastfeeding your baby

(Booklet from Ministry of Health, NZ)

Guide to breastfeeding and positioning

https://www.healthed.govt.nz/system/files/resource-files/HE2098_Breastfeeding%20your%20baby%20English.pdf



Newborns: breastfeeding and bottle-feeding

(raisingchildren.net.au)

Info and videos to support feeding your newborn.

<https://raisingchildren.net.au/newborns/breastfeeding-bottle-feeding>



Newborns: breastfeeding and bottle-feeding

(raisingchildren.net.au)

information and videos to support feeding your baby

<https://raisingchildren.net.au/babies/breastfeeding-bottle-feeding-solids>



Breastfeeding and your baby

(Queensland government)

Info to support breastfeeding

<https://www.qld.gov.au/health/children/babies/breastfeeding>



Breastfeeding:

(Kids Health, NZ)

website about all parts of breast feeding

<https://www.kidshealth.org.nz/tags/breastfeeding>



Brazelton

"Giving newborn babies a voice by supporting parents in understanding their unique communication"

<https://www.brazelton.co.uk/parents/>



Bliss

Info about feeding your premature or sick baby.

<https://www.bliss.org.uk/parents/about-your-baby/feeding>

VIDEOS



Videos: Royal Children's Hospital

https://www.rch.org.au/feedingdifficulties/videoresources/Video_Resources/

HOW FEEDING SKILLS DEVELOP

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Use the search bar for feeding skills and advice for your child's age.

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WEBSITES about feeding development



New Visions: Info about oral-feeding development, tube feeding, diet and nutrition, and oral-motor development for feeding and speech.

<http://new-vis.com/fym/p-feed.htm>



Speech & Health Website: blogs about feeding development topics

<https://speechandhealth.com/category/feeding/>



Videos: Royal Children's Hospital

https://www.rch.org.au/feedingdifficulties/videoresources/Video_Resources/

Feeding skill charts

From "Feeding Difficulties in Children – A Guide for Allied Health Professionals", NSW Government

TABLE 2: DEVELOPMENTAL AND ORAL MOTOR SKILLS ASSOCIATED WITH FEEDING PROGRESSION^{17, 18}

The following provides a guide reflecting typical development. Not all children will progress systematically through each stage.

Age (months)	Progression of liquid and food	Oral-motor skills	Developmental skills
0 to 4 months	Thin liquid (e.g. breast milk, formula)	Suckle on nipple Forward-backward tongue movement Adaptive oral reflexes ie. rooting, sucking	Head control acquired
4 to 6 months	Thin purees (e.g. rice cereal, pureed fruits)	Suckle off spoon at first Separation of tongue and jaw movements Transition from reflexive suckle to suck (up-down) tongue pattern	Gross motor control of head and neck, trunk control Sitting balance Hands midline
7 to 8 months	Thick purees (e.g. pureed potato, rice cereal & fruit) Textured purees/soft mashed (e.g. mashed banana, potato or pasta)	Some protective oral reflexes desensitised Cup drinking Vertical munching	Hand-to-mouth play Reach, pincer grasp Assists with spoon Finger feeding begins
8 to 9 months	Bite & dissolve foods (e.g. Cruskit, Baby Mum-Mum biscuits) Soft finger foods – early chewing foods (e.g. pasta, soft fruit and vegetables, bread) Hard munchables for exploration (e.g. rusks)	Emerging lateral tongue movements Unsustained bite pattern	Core stability developing
9 to 12 months	Hard finger foods (e.g. biscuits, rusks, par-cooked vegetables, fresh fruit) Harder/chewy finger foods (breads, pasta, eggs, deli meats)	Cup drinking independent Emerging rotary chewing Graded bit through harder/chewy food	Refines pincer grasp Finger feeding Grasps spoon with whole hand
12 to 18 months	Complete range of textures with some modification, including mixed textures (e.g. lasagne, minestrone)	Lateral tongue action established Straw drinking	Increased independence for feeding Scoops food, bring to mouth
18 to 24 months	More chewable food (e.g. steak, raw vegetables, hard fruits – apple)	Mature rotary chewing Emerging/controlled sustained bite on hard foods	
24 months and above	Complete range of textures/family foods	Ongoing refinements of oral skills Controlled sustained bite	Total self-feeding, increased use of fork, cup drinking, open cup drinking and straw drinking, no spillage

TABLE 3: NORMAL ORAL REFLEXES^{12, 19, 20}

Reflex	Stimulus	Behaviour	Presenting age range
Adaptive Oral Reflexes			
Rooting	Stroke cheek or near mouth	Senses stimuli & localises, opens mouth, extends & depresses tongue	From 32-37 weeks gestation to 3-6 months
Sucking	Touch to the lips and tongue	Reflexive suckle (forward-back wavelike tongue movement), coordinated with up-down jaw movement	From 18 weeks gestation to 4-5 months
Tongue protrusion	Touch tongue tip	Tongue protrudes from mouth	From 38-40 weeks gestation to 4-6 months
Transverse tongue	Stroke sides of tongue	Tongue lateralises to side of stimulus	From 28 weeks gestation to 6-9 months
Phasic bite	Stimulate gums	Rhythmic up-down jaw movement	From 28 weeks gestation to 9-12 months
Protective Oral Reflexes			
Gag	Touch back of tongue	Mouth opening, head extension, floor of mouth depresses	Commences 26-27 weeks gestation and persists through life
Cough	Fluid in larynx or bronchi	Upward movement of air to clear airway	Commences 35-40 weeks gestation and persists through life



Premature or sick newborns

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WEBSITES



Bliss:

Info about feeding your premature or sick baby.

<https://www.bliss.org.uk/parents/about-your-baby/feeding>



Tube Feeding and Weaning

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WEBSITES ABOUT TUBE FEEDING



Feeding Tube Awareness Foundation

practical information about life with feeding tubes

<https://www.feedingtubeawareness.org/>



Tube Feeding Info

info from kidshealth about tube feeding and changing to feeding by mouth.

<https://www.kidshealth.org.nz/tube-feeding>



Tube Feeding: Living with a Feeding Tube

website from Canada about life with a feeding tube

<https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=abo0957>



Testing pH for tube placement

(from Medicina pH strips)

https://www.hardam.dk/CustomerData/Files/Folders/22-medicina/95_ph.pdf



Bliss

website with info about premature or sick babies

<https://www.bliss.org.uk/parents/about-your-baby/feeding>



Weaning- Learning to like new tastes and textures

(Infant and Toddler Forum)

https://infantandtoddlerforum.org/wp-content/uploads/2014/10/GT_Weaning.pdf

VIDEOS



Video about living with a feeding tube (older children)

From Canada "My Health" website

<https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=abo0957>



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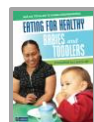
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WEBSITES: Healthy Feeding in the First Year



Breastfeeding info

[Go to breastfeeding page](#)

Babies: the first year

(Infant and toddler forum)

Website with information about feeding development in first year

<https://infantandtoddlerforum.org/babies-the-first-year/>

Eating for Healthy Babies and Toddlers

(Ministry of Health)

On-line booklet about healthy eating and drinking

https://www.health.govt.nz/system/files/resource-files/HE1521_Eating%20for%20healthy%20babies%20and%20toddlers_0.pdf

Nutrition 0-12 months

(kidshealth.org.nz)

Website about breastfeeding, solids, healthy eating, and more.

<https://www.kidshealth.org.nz/tags/nutrition-0-12-months>

Food and active play in the first year of life

(Royal Children's Hospital)

Website with helpful info

<https://www.rch.org.au/uploadedFiles/Main/Content/nutrition/first-year-of-life.pdf>

Babies: breastfeeding, bottle-feeding & solids

(raisingchildren.net.au)

information and videos to support feeding your baby

<https://raisingchildren.net.au/babies/breastfeeding-bottle-feeding-solids>

Guide to Baby Feeding

(Watties)

information and videos to support feeding your baby

<https://www.forbaby.co.nz/>

Finger Food Ideas (9+ months)

(Watties)

information and videos to support feeding your baby

Brazelton

"Giving newborn babies a voice by supporting parents in understanding their unique communication"

<https://www.brazelton.co.uk/parents/>

Where should my baby sit during mealtimes

(Speech & Health)

<https://speechandhealth.com/2016/09/22/where-should-my-baby-sit-during-mealtimes/>

Special issues in 1st year



Bliss

website with info about premature or sick babies

<https://www.bliss.org.uk/parents/about-your-baby/feeding>

VIDEOS



Baby Feeding Videos

(Watties)

information and videos to support feeding your baby

<https://www.forbaby.co.nz/Baby-Feeding-Videos>



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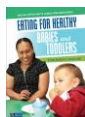
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WEBSITES: healthy eating in toddlers and preschoolers



Eating for Healthy Babies and Toddlers

(Ministry of Health)

Booklet about healthy eating and drinking

https://www.health.govt.nz/system/files/resource-files/HE1521_Eating%20for%20healthy%20babies%20and%20toddlers_0.pdf



Toddlers: nutrition & fitness

(Raising children, Australia)

Website with tips for eating, cooking and food activities

<https://raisingchildren.net.au/toddlers/nutrition-fitness>



Healthy Eating for Toddlers

(Infant & Toddler Forum)

<https://infantandtoddlerforum.org/toddlers-to-preschool/healthy-eating/>



Toddlers: nutrition & fitness

(Raising children, Australia)

<https://raisingchildren.net.au/toddlers/nutrition-fitness>



Healthy eating and play for toddlers (1-2 years)

(Royal Children's Hospital Melbourne)

[https://www.rch.org.au/uploadedFiles/Main/Content/nutrition/nutrition-toddlers\(1\).pdf](https://www.rch.org.au/uploadedFiles/Main/Content/nutrition/nutrition-toddlers(1).pdf)



Toddlers to Preschool

(Infant and toddler forum)

Healthy eating and feeding challenges in toddlers

<https://infantandtoddlerforum.org/toddlers-to-preschool/>



Preschoolers: nutrition & fitness

(Raising Children, Australia)

Website with tips for eating, cooking and food activities

<https://raisingchildren.net.au/preschoolers/nutrition-fitness>



2-5 YEARS

(Ministry of Health, NZ)

https://www.health.govt.nz/system/files/documents/topic_sheets/healthy-eating-tips-for-2-5-year-olds.pdf

Food ideas



Finger Food Ideas (9+ months) Watties

<https://www.forbaby.co.nz/Stage-3/Baby-Health-Nutrition/Finger-Food-Ideas-9-months>



Weaning - Learning to Like New Tastes and Textures

(Infant and Toddler Forum)

<https://infantandtoddlerforum.org/babies-the-first-year/weaning/>



Try it- You'll like it. Vegetables & Fruit

(Royal Children's Hospital)

<https://www.rch.org.au/uploadedFiles/Main/Content/nutrition/try-it-you'll-like-it.pdf>

Special issues in toddlers & preschoolers



Fussy eaters & Sensory issues

Includes info about Autism

[Go to fussy eaters page](#)



High Energy Eating

(Royal Children's Melbourne)

Adding extra energy to your child's diet to help weight gain.

<https://www.rch.org.au/uploadedFiles/Main/Content/nutrition/high-energy-eating.pdf>

VIDEOS



VIDEOS

(Royal Children's Hospital Melbourne)

https://www.rch.org.au/feedingdifficulties/videoresources/Video_Resources/



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WEBSITES: Healthy eating for school aged to teens

Food, activity and sleep

Eating well, being active and getting enough quality sleep are



Food Activity and Sleep

(Ministry of Health, NZ)

<https://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep>



Your health ✓ NZ health system ✓

Healthy eating

Healthy Eating

(Ministry of Health, NZ)

<https://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/healthy-eating>



School age: nutrition & fitness

(Raising children, Australia)

Website with tips for eating, cooking and food activities

<https://raisingchildren.net.au/school-age/nutrition-fitness>



2-12 YEARS

(Ministry of Health, NZ)

https://www.health.govt.nz/system/files/resource-files/HE1302_Eating%20for%20healthy%20children%20%20to%20%2012_0.pdf



5-12 YEARS

(Ministry of Health, NZ)

<https://www.health.govt.nz/system/files/documents/pages/healthy-eating-for-5-12-year-olds-jan17.pdf>



Pre-teens: healthy lifestyle

(Raising children, Australia)

Website with tips for eating, cooking and food activities

<https://raisingchildren.net.au/pre-teens/healthy-lifestyle>



Teens: healthy lifestyle

(Raising children, Australia)

Website with tips for eating, cooking and food activities

<https://raisingchildren.net.au/teens/healthy-lifestyle>



Healthy eating for teenagers

It can be hard to change a bad eating habit. Healthy teenagers are the ones who change their own eating habits. Don't let your teenager's eating habits become a problem. Help them to eat healthy and avoid the signs for bad habits.

TEENAGERS

(Ministry of Health, NZ)

<https://www.health.govt.nz/system/files/documents/pages/healthy-eating-for-teenagers-jan17.pdf>



Diet and eating

(Queensland)

Info about nutrition, meal choices, feeding & behaviour

<http://conditions.health.qld.gov.au/HealthCondition/home/topic/8/78/diet-and-eating>

Special issues in school aged children



Fussy eaters & Sensory issues

Includes info about Autism

[Go to fussy eaters page](#)

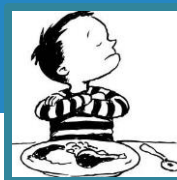


High Energy Eating

(Royal Children's Melbourne)

Adding extra energy to your child's diet to help weight gain.

<https://www.rch.org.au/uploadedFiles/Main/Content/nutrition/high-energy-eating.pdf>



FUSSY EATERS & FOOD REFUSAL

WEBSITES to help with fussy eating



Fussy eating: Toddlers

(Raising children, Australia)

<https://raisingchildren.net.au/toddlers/nutrition-fitness/common-concerns/fussy-eating>



Fussy eating: Preschoolers

(Raising children, Australia)

<https://raisingchildren.net.au/toddlers/nutrition-fitness/common-concerns/fussy-eating>



Feeding fussy toddlers

(Queensland)

<http://conditions.health.qld.gov.au/HealthCondition/condition/8/78/316/feeding-fussy-toddlers>



10 tips for picky eaters

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/childrens-health/art-20044948?pg=1&reDate=14112019>



Try it- You'll like it. Vegetables & Fruit

(Royal Children's Hospital)

<https://www.rch.org.au/uploadedFiles/Main/Content/nutrition/try-it-you'll-like-it.pdf>



BeChange

- Behaviour workshops for parents and caregivers.
- Includes fussy eaters, ASD, developmental issues

<http://www.bechange.co.nz/category/parents/>



Diet and eating

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High Energy Eating (Royal Children's Melbourne)

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<https://www.rch.org.au/uploadedFiles/Main/Content/nutrition/high-energy-eating.pdf>



Fussy and Faddy Eating in Toddlers

(Infant and Toddler Forum)

Click on the topics below

<https://infantandtoddlerforum.org/toddlers-to-preschool/fussy-eating/>

Why toddlers refuse food: a normal phase

Things that help

How to manage simple faddy eating in toddlers

Things to avoid

How to cope when your child shows extreme food refusal

How to broaden your child's food experience

WEBSITES: Autism and fussy eating



Exploring Feeding Behaviour in Autism:

Booklet about feeding in children with autism.

<https://www.autismspeaks.org/tool-kit/atnair-p-guide-exploring-feeding-behavior-autism>



Autism and food aversions: Seven Ways to Help a Picky Eater

<https://www.autismspeaks.org/expert-opinion/seven-ways-help-picky-eater>



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Eating habits: children and teenagers with autism spectrum disorder

(raisingchildren.net.au)

<https://raisingchildren.net.au/autism/health-daily-care/daily-care/eating-habits-asd>

VIDEOS



Tips for fussy eaters

(For Baby)

<https://www.youtube.com/watch?v=2LoHxkSDqo>

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New Visions



When a child aspirates

Website about what happens when a child may not swallow safely.

<http://new-vis.com/fym/papers/p-feed9.htm>

IMPROVING DIET, EATING & DRINKING

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Websites about increasing energy in diet



High Energy Eating
(Royal Children's Melbourne)

Adding extra energy to your child's diet to help weight gain.

<https://www.rch.org.au/uploadedFiles/Main/Content/nutrition/high-energy-eating.pdf>

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WEBSITES: Introducing new foods



Guide to Baby Feeding

(Watties)

information and videos to support feeding your baby

<https://www.forbaby.co.nz/>



Weaning – Learning to Like New Tastes and Textures

(Infant and Toddler Forum)

<https://infantandtoddlerforum.org/babies-the-first-year/weaning/>

WEBSITES: Autism-related feeding issues



Exploring Feeding Behaviour in Autism:

Booklet about feeding in children with autism.

<https://www.autismspeaks.org/tool-kit/atnair-p-guide-exploring-feeding-behavior-autism>



Autism and food aversions: Seven Ways to Help a Picky Eater

<https://www.autismspeaks.org/expert-opinion/seven-ways-help-picky-eater>



BeChange

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<http://www.bechange.co.nz/category/parents/>



Eating habits: children and teenagers with autism spectrum disorder

(raisingchildren.net.au)

<https://raisingchildren.net.au/autism/health-daily-care/daily-care/eating-habits-asd>

DENTAL AND ORAL HYGEINE

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When your child's mouth, gums or teeth are sore, it can affect their eating and their general health.

Dental care in Auckland is provided by your local dentist or the Auckland Regional Dental Service.

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Breastfeeding your baby

(Booklet from Ministry of Health, NZ)

Guide to breastfeeding and positioning

https://www.healthed.govt.nz/system/files/resource-files/HE2098_Breastfeeding%20your%20baby%20English.pdf



Where should my baby sit during mealtimes

(Speech & Health)

<https://speechandhealth.com/2016/09/22/where-should-my-baby-sit-during-mealtimes/>

FEEDING ENVIRONMENT AND ROUTINES

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Counselling and support for your family



Hearts and Minds

Info, support and resources to help during challenging situations in life.

<https://www.heartsandminds.org.nz/information-support>



Family Works

Free counselling and support in Auckland area, phone 09 835 1288

<https://familyworks.org.nz/>



Barnados

Free counselling and support in Auckland area, phone 09 625 3675

<https://www.barnados.org.nz>

WEBSITES with ideas and suggestions about feeding environment

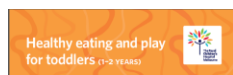


Diet and eating

(Queensland)

Info about nutrition, meal choices, feeding & behaviour

<http://conditions.health.qld.gov.au/HealthCondition/home/topic/8/78/diet-and-eating>



Healthy eating and play for toddlers (1-2 years)

(Royal Children's Hospital Melbourne)

[https://www.rch.org.au/uploadedFiles/Main/Content/nutrition/nutrition-toddlers\(1\).pdf](https://www.rch.org.au/uploadedFiles/Main/Content/nutrition/nutrition-toddlers(1).pdf)



10 tips for picky eaters

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/childrens-health/art-20044948?pg=1&reDate=14112019>



Try it- You'll like it. Vegetables & Fruit

(Royal Children's Hospital)

<https://www.rch.org.au/uploadedFiles/Main/Content/nutrition/try-it-you'll-like-it.pdf>



Finger Food Ideas (9+ months)

Watties

<https://www.forbaby.co.nz/Stage-3/Baby-Health-Nutrition/Finger-Food-Ideas-9-months>



Weaning – Learning to Like New Tastes and Textures

(Infant and Toddler Forum)

<https://infantandtoddlerforum.org/babies-the-first-year/weaning/>



Where should my baby sit during mealtimes

(Speech & Health)

<https://speechandhealth.com/2016/09/22/where-should-my-baby-sit-during-mealtimes/>