

Starting on solids and iron-rich foods

Babies need more iron and added nutrients from food when they are six months old to support their growth and healthy brain development.

From this age, the recommended iron intake for babies rises to 11 milligrams a day. Breast milk alone is not enough to meet this requirement. That's why it is important for you to include some iron-rich foods when you start offering solids to your baby at age six months. Some babies might like to start with soft food that has been mashed, pureed or grated. Other babies might like to start with soft vegetables that have been cut into fingers. Iron-rich foods to offer your baby at six months include:

- Minced meat, turkey, chicken or tofu.
- Baked beans, peas, lentils and chickpeas.
- Cooked eggs or green leafy vegetables like spinach.
- Iron-rich cereals, bread and pasta.



For more iron-rich food ideas for your family, [CLICK HERE](#)

Go for gold like your favourite athletes



For more ideas to help your family get active, [click here](#).

Watching some of our favourite athletes as they go for gold may be inspiring you to stay active this winter. There are many free and fun activities you can plan with your family and friends.

- Be a Mini-Matilda or Socceroo and kick the football around the backyard or at your nearest park. It's also a fun way for children to practice the Fundamental Movement Skills like kicking, running or catching.
- Plan a running race or tag game or create an obstacle course and pretend you're running a mini-marathon in your backyard.
- Jump on your bike and go for a local ride. Get family members to cheer from the sidelines. At the end, have a medal ceremony for the winners.



Healthy Family Bulletin

Planning for a pregnancy - First 2000 Days of Life series

The three to six months before a couple become pregnant is an important time in their future child's life. This time is known as preconception. It is a good time for couples to make lifestyle changes that can help to boost their fertility, reduce health problems during pregnancy and assist recovery after birth.

The lifestyle changes include:

- Quitting smoking and drinking.
- Eating nutritious food and being more active.
- Looking after their mental health and wellbeing.
- Having a check-up with their doctor and talking about any supplements and medicines they can take before they start trying to get pregnant.

All of these things can make couples as healthy as possible before conception and help their baby to thrive during the first 2000 days of life. To learn more, [click here](#) or contact the [Get Healthy Service](#).

Next month: The new ABC - A is antenatal care.



Come and meet our midwives, doctors and healthcare teams at Maternity Service Open Days at a hospital near you. This month, open days will be held at **Campbelltown Hospital** on 17 August and **Fairfield Hospital** on 31 August. For an open day near you, [click here](#).

Tip of the month: A free flu shot can keep your family safe



Influenza (flu) in children can be serious. It is much more severe than a cold. A simple thing that parents can do to keep themselves and their children safe is to book a free flu vaccine. The flu shot is free for:

- Children from age 6 months to 5 years.
- People aged 6 months and older with serious health conditions including cancer.
- Aboriginal and Torres Strait Islander people aged 6 months and older.
- Pregnant women.
- Anyone aged 65 and older.

Protect yourself and your loved ones:

- Stay at home if you are feeling unwell.
- If unwell, don't visit people with a higher risk of severe illness and people in hospital or aged care.
- Cover your mouth and nose if you cough or sneeze.



For in-language videos about winter flu, [click here](#).





Healthy Family Bulletin

Art prize opens to celebrate the Five Ways to Wellbeing



Calling all young artists in your family to get creative. School children in south west Sydney can enter the **Five Ways to Wellbeing Schools Creative Project**. The competition is now open to celebrate October's Mental Health Month. School children are invited to create an artwork and enter the competition for the chance to win a prize. Winning artworks will be displayed online to promote wellbeing. Schools and students can enter the competition until Monday 16 September. **Entry is free.** Winners will be announced later this year and their entries will be displayed online. Participating schools will receive a teachers guide and lesson plans to support students to identify and use strategies to support their mental wellbeing.

[LEARN MORE](#) 

Two of the 2023 winners:



5-6 Years:
Rory Hain, Picton Primary School



13-15 Years:
April Ferry, Camden High School



A record number of students entered the Five Ways to Wellbeing Schools Creative Project last year - **275!**

What's on



Breastfeeding support for mums

Aboriginal and Torres Strait Islander Children's Day: 4 August. [Get involved.](#)

Stroke Week: 5-11 August. [Learn more.](#)

Children's Book Week: 17-23 August. [Read more.](#)

Wear it Purple Day: 30 August. [Join in.](#)



Breastfeeding support for all is the theme of World Breastfeeding Week, which runs from 1 to 7 August. Partners and family members can get some helpful tips to support the breastfeeding mum in their life from the [Australian Breastfeeding Association](#). You can also check out an online [toolkit](#) that includes tips during pregnancy, the first year of a baby's life and going back to work. Helpful advice is also available from family services including [Karitane](#) and [Tresillian](#).

