



Guidelines for Fluids allowed for babies and 1-5 year olds at the centre

This is a list of suitable and unsuitable fluids for babies (birth-1 year old) and all children in care at our centre.

Cow's milk is not recommended for babies less than 12 months old because it is a poor source of iron and may place an infant at risk of iron deficiency. It also has high levels of protein, sodium, potassium, phosphorous and calcium causing a high renal solute load and a strain on young kidneys.

Allowed fluids for babies (birth to 12 months)

- Breast milk and infant formula
- Plain tap water (boiled and cooled until at least 6 months)
- If tap water is not available, spring or bottled water can be used but must be boiled and cooled until 12 months old, and rain water must be boiled and cooled for all babies and children until 5 years old
- Soy formula only under medical advice

Suitable fluids for 1 year olds

- Breast milk
- Cows milk (full cream)
- Plain tap water
- Diluted juice (limit to 100-200ml per day, 50:50 dilution)
- Soy beverage, calcium fortified (full fat)

Suitable fluids for 2-5 year olds

- Reduced fat milk (1.0-2.5% fat)
- Soy beverage, calcium fortified (full fat or reduced fat)
- Plain tap water
- Diluted juice (limit to 100-200ml per day, 50:50 dilution)

Unsuitable fluids for child care (all ages)

Carbonated drinks e.g. soft (including soda water), sports, energy, flavoured waters and artificially sweetened

Cordials

Sweet syrups e.g. Ribena, Delrosa

Vegetable juices

Tea, coffee, herbal teas

Full strength juice (dilute 50:50 with water and limit to 100-200ml per day)

Flavoured or condensed milk

Alcohol

Vegan beverages (eg. rice milk, oat milk) not suitable, except under medical advice

References:

NHMRC (2003). Food for Health. Dietary Guidelines for Children and Adolescents in Australia. Commonwealth Department of Health and Ageing.

Infant Feeding Guidelines for Health Workers Summary (2004)
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Norberg, M & Young, R. 1997 Caring For Infants: Food and Nutrition for 0-1 year olds in Long Day Care Centres. Central Sydney Area Health Division of Population Health, and the Commonwealth Department of Health and Family Services.

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