



Nutrition

English/Mandarin

Active play for babies

- Babies need lots of moving and playing each day to grow a healthy brain and body.
- From an early age, babies can begin to enjoy active play. Put your baby on his/her stomach for a few minutes each day to build up their head and neck muscles.
- Always put your baby on their back to sleep, from birth. Never put your baby on his/her tummy to sleep. Safe sleeping habits can decrease the risk of sleeping accidents.



- Let older babies play with household objects, such as wooden spoons, saucepans, buckets and cardboard boxes.
- Limit the time your baby spends in strollers and car seats to less than one hour at a time.

Enjoy making active play part of your baby's day

- Play with your baby and give lots of practice time for movements, such as crawling, pulling to stand, and walking.
- Limit the time your baby spends watching television, other screens, computers, iPads and games on phones. Babies develop and learn more in real life than from watching screens.

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宝宝的活跃玩耍

- 宝宝每天需要很多活动和玩耍帮助大脑和身体的健康发育。
- 从很小开始，宝宝就会开始喜欢活跃的玩耍。每天让宝宝趴几分钟能锻炼他们头部和颈部的肌肉。
- 从出生开始就要一直让宝宝躺着睡觉，决不能趴着睡觉。安全的睡觉习惯能降低睡眠事故的风险。



- 宝宝大一点之后可以让他们玩家里的物品，比如木勺、长柄锅、水桶和纸箱。
- 除了睡觉之外，将宝宝在婴儿车和汽车座椅内的时间每次控制在一小时以下。

请享受把活跃的玩耍安排在宝宝一天的生活中

- 陪宝宝一起玩耍，并给宝宝充分的时间来练习活动，比如爬行，撑起站立和走路。
- 限制宝宝看电视或看其他屏幕，比如电脑，iPads和手机游戏的时间。宝宝在真实生活中比看屏幕学习和获得的东西要更多。

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