

## Drinks

Your baby can have breast milk or formula first milk for the first 12 months of their life. They do not need to move on to second milk. From one year old, you can move your baby on to full fat cow's milk as a drink. You can use alternative milks. But it needs to be fortified with calcium and vitamin D. Rice milk is not recommended for children under five years old.

From four months old, you can introduce a free flowing beaker with a hard spout, not a soft spout. Start with cool boiled water in your beaker and, over time, your baby practices using it, doing it for themselves. Start to offer milk in beakers if using formula. Offer milk at the end of a meal. Using a beaker helps your baby learn to use their tongue with control. This in turn helps when learning to speak. Using a beaker also helps protect baby's teeth.