

EASY WEANING



A simple guide to starting your baby on solid foods

What is weaning?

Weaning is the name given to the introduction of solid foods, and the best time to start this is when your baby is **six months old**.

Why start at six months?

At six months babies have the skills to feed themselves.

Their intestines and kidneys have matured and they are less likely to be fussy about foods.

What to offer

Your baby can eat the same foods as the rest of the family, apart from those listed as 'Avoid' on the chart over the page. For example:

- Mashed food
- Bite-sized pieces of lumpy food, e.g. vegetables
- Allow baby to choose foods themselves

It is cheaper to make your baby's meals yourself, and you also know exactly what's in it!



What shall I give my baby to drink?

Milk and cooled boiled water are all that your baby needs to drink.

Don't give sugary drinks, such as fruit juices, as these can damage your baby's teeth.

Brush your baby's teeth at least twice a day.



	Baby's Skills	What food	When to feed	How to feed	Milk	Avoid
Beginning From birth	<ul style="list-style-type: none"> Sucking reflex Rooting reflex Crying 	Milk	When hungry	<ul style="list-style-type: none"> Breast Cup Bottle 	<ul style="list-style-type: none"> Breast Formula – how much? 2½ fluid ounces per lb body weight in 24 hours (150ml/kg of body weight) 	<ul style="list-style-type: none"> All solid foods
Discovering tastes, smells and feel of food Before ready for weaning at six months 	Sociable Eye-hand coordination More alert Watching others feed Good head control	Milk Tastes from your plate. Hard finger foods e.g. large celery sticks, raw carrot to suck and taste	When hungry When you eat	<ul style="list-style-type: none"> Breast Cup Bottle From baby's hand or a clean finger	<ul style="list-style-type: none"> Breast Formula – how much? 2½ fluid ounces per lb body weight in 24 hours (150ml/kg of body weight) e.g. a 10lb baby needs 25 ounces of milk in 24 hours 	<ul style="list-style-type: none"> Sugar Salt Dairy products Eggs Shellfish Honey Wheat (gluten) Juices
Family Food From six months	Sitting Holding small objects Chewing, tongue moving food around mouth Taking food off spoon Indicating "No"	Milk Lumps of food Vegetables, salad, fruit, cereals, lean meat, fish, pulses, yoghurt, cheese, bread, pasta	Family mealtimes Three meals a day and two snacks	<ul style="list-style-type: none"> Breast Cup Bottle <ul style="list-style-type: none"> Finger food Spoon 	<ul style="list-style-type: none"> Breast - baby led Formula after food - 1 pint/ 600ml/ 20 fluid ounces per day as drink or in food 	<ul style="list-style-type: none"> Sugar Salt Nuts Honey Soft cooked eggs Juices
1 year	Ability to self feed with a spoon Growing understanding of social skills	Family meals chopped up Tap water in an open cup	Family mealtimes	Self-feed with hand or spoon	<ul style="list-style-type: none"> Full fat cow's milk In a cup without a spout 	<ul style="list-style-type: none"> Salt Sugar Whole nuts

Low fat and high fibre foods

Low fat foods and high fibre foods are not suitable for children under two years of age.

Children need to have plenty of calories and goodness from a wide variety of foods to make sure they grow properly. Full fat foods like milks, cheeses, yoghurt and butter/margarine are good sources of energy for your baby. But remember to limit foods and drinks containing sugar and salt.

Start introducing adult healthy eating from the age of two years by increasing fibre and reducing fat.

What about additives in foods and drinks?

Fresh food, without additives, is best. Try to choose food without artificial colours and preservatives.

- If you have allergies in your family and are concerned about weaning, speak with your Health Visitor or Doctor, they may recommend that you see a Dietitian
- Always read food labels

How do I know if my baby is constipated?

Constipation is the passing of very hard poo. Baby's poo can change with the start of new foods.

- Extra water to drink will help
- Giving a variety of foods helps but do not give too much fibre

These are not long term remedies. If it does not get better tell your Doctor.

Safe eating

There are some important safety and hygiene tips to remember.

- Wash your hands and baby's hands before handling food
- Sterilise bottles and teats if used for milk
- It's best to strap baby securely into a high chair to avoid accidents
- Any plates, cups, etc. used should always be washed and rinsed well after use

For your notes

