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.

Low fat & 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. Remember to limit foods and drinks containing sugar and salt though.

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

What about additives?

Fresh food without additives is best, so 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.

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 into a high chair to avoid accidents
- Any plates, cups, etc. used should always be washed and rinsed well after use

How do I spot constipation?

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 then tell your Doctor.

Vitamins

When pregnant or breastfeeding you need to take a daily supplement of 10mcg of Vitamin D.

If your baby is 6th or older, and having less than 500ml (1pt) of infant formula per day, give them vitamin drops with vitamin A, C and D. Continue to give drops to age 5.

Avoid giving two supplements at the same time - e.g. don’t give cod liver oil as well as vitamin drops - one on it’s own is enough.

Health visitors and midwives can give information on vitamins.

Vitamin drops for your baby are free if you qualify for Healthy Start.

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### Baby's Skills

#### Beginning
- From birth to six months
  - Sucking reflex
  - Rooting reflex
  - Crying

#### Discovering tastes, smells and feel of food
- From six months
  - Sociable
  - Developing hand-eye coordination
  - More alert
  - Watching others
  - Good head control

#### Family Food
- From six months
  - Sitting
  - Holding small objects
  - Chewing, tongue moving food around mouth
  - Taking food off spoon
  - Indicating “No”

#### Family Food
- From one year
  - Ability to self feed with a spoon
  - Growing understanding of social skills

### What food

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<th>Baby's Skills</th>
<th>What food</th>
<th>When to feed</th>
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<th>Details</th>
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<tr>
<td>From birth to six months</td>
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<td></td>
<td>Milk</td>
<td>When hungry</td>
<td>Breast, Cup, Bottle</td>
<td>Formula – how much? 2½ 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</td>
<td>Avoid • All solid foods</td>
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<tr>
<td><strong>Discovering</strong></td>
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<td>tastes, smells and feel of food</td>
<td></td>
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<td></td>
<td>A good way to introduce solid foods as an interesting activity</td>
<td>Limit • Sugar • Salt</td>
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<tr>
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<td>Tastes from your plate</td>
<td>When you eat</td>
<td>From baby’s hand or a clean finger</td>
<td>Baby gradually gets used to eating solid foods</td>
<td>Avoid • Nuts • Honey • Soft cooked eggs • Juices</td>
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<tr>
<td></td>
<td>Hard finger foods e.g. large celery sticks, raw carrot to suck and taste</td>
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<tr>
<td><strong>Family Food</strong></td>
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<tr>
<td>From six months</td>
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<td>avoid whole nuts</td>
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<td>Milk</td>
<td>Family mealtimes</td>
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<td></td>
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<tr>
<td></td>
<td>Family mealtimes</td>
<td>Three meals a day and two snacks</td>
<td>Finger food, Spoon</td>
<td>Baby gradually gets used to eating solid foods</td>
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<tr>
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<td>Lumps of food</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Vegetables, salad, fruit, cereals, lean meat, fish, pulses, yoghurt, cheese, bread, pasta</td>
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<tr>
<td><strong>Family Food</strong></td>
<td></td>
<td></td>
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<td></td>
<td>Avoid</td>
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<tr>
<td>From one year</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>whole nuts</td>
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<tr>
<td></td>
<td>Family meals chopped up</td>
<td></td>
<td></td>
<td>Self-feed with hand or spoon</td>
<td>progressing self feed and drink development</td>
</tr>
<tr>
<td></td>
<td>Drink - tap water or full fat cow’s milk</td>
<td></td>
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<td>Drinks in a cup without a spout</td>
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<tr>
<td></td>
<td>Family mealtimes</td>
<td>Family mealtimes</td>
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</tbody>
</table>

### 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 old 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 a few exceptions. These are listed in the ‘Avoid or Limit’ column in the table opposite.

Try things like:
- Mashed food
- Bite-sized pieces of lumpy food, e.g. vegetables
- Allowing baby to choose foods themselves

It is cheaper to make your baby’s meals yourself, and then you know exactly what’s in them too.