Weaning is a fun and exciting time for both you and your baby, and it is one of the great milestones of their early years. Introducing solid food starts at around six months, but every baby is different so make sure your baby is ready before you begin.



ensures your baby's digestive sufficiently and they can swallow properly. They will be getting all the nutrients they

need from their milk feeds until

six months.

when to start

It's important to start weaning when the time is right for your baby. Each baby is beautifully different so don't be guided by others who may have started weaning their babies already; you know your baby better than anyone!

can your baby...

...sit up and hold their head steady? ...swallow the food?

tip Waking up in the night or chewing on fists are not necessarily signs that a baby is ready to start weaning

important notice Make sure you stay with your baby at all times when they are eating in case they start to choke

getting started

When you are sure your baby is ready to start weaning, there are a few tips to help make it a stress free, enjoyable and safe experience.



Choose the right time; not too tired or over hungry



Allow baby to enjoy touching and trying to pick up the food, encourage them to hold a spoon themselves`



Don't force it, if they don't like something, leave it and try it again in a day or two



Try mixing foods with a little of your baby's usual milk to help with the transition



...look at the

food, grab it

and put it in

their mouth?

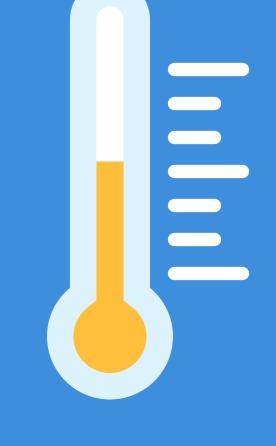
teaspoons of food is plenty during the first stage of weaning

tip Things are going to get messy, make sure you have covered all

surfaces, baby and yourself!

papaya

Just a few



Allow food to cool and always check the temperature before offering it to your baby

tip You may want to offer a little of your baby's usual milk first, so they are not too hungry



apple pear tip Experiment by combining two or three purees, such as apple and

pear with a little

cinnamon or sweet potato

and carrot

tip A ripe banana is a great first food, it can be mashed and fed to baby with no further preparation required; it also comes in its own handy take-out packaging!

banana

tip Don't worry if baby doesn't like something the first time; leave it a couple of days and try it again

baby rice

first tastes - weaning plan Our First Tastes Weaning Plan is available to print out and keep. It will take you through the first four weeks of weaning. Bear in

mind that every baby is different so go at your baby's pace. Your little one will still be getting plenty of nutrition from their daily milk feeds at this early stage of weaning.

	early	breakfast	lunch	tea	bedtime
week					
week 2					
week 3					
week 4.					



Normal breast or bottle feed

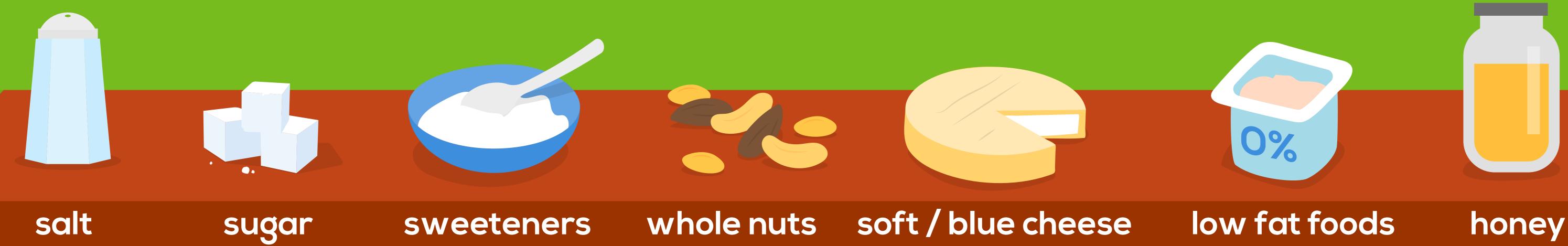


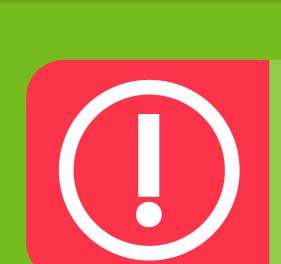
Normal breast or bottle feed followed by baby rice, fruit or vegetable puree

Alternate between baby rice, fruit puree and vegetable puree to vary the diet

foods to avoid!

Several foods are unsuitable for babies. Avoid the following foods until your baby is a least 12 months old:





important notice Seek advice from your doctor or health care professional if you have a family history of allergies or are concerned about allergic reactions