



# WEANING

## the fundamentals



### WHEN?



Introduction of solids should start around 6 months, no earlier than 4 months, once signs of readiness are evident:

- Sitting, holding their head up steady.
- Coordinating hands, eyes and mouth so they can look at food, pick it up and bring it to their mouth.
- Swallowing food, rather than spitting it back out.

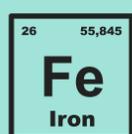
### WHAT?



**VEG FIRST** Bitter veggies (e.g. broccoli, kale, courgette) are great to start with, but include all food groups (sweeter fruits and vegetables, carbohydrates, proteins and dairy) shortly afterwards. Variety is key to meeting nutrient needs and reducing selective eating.



**TEXTURES** Whether traditional or baby-led weaning, integrate pureed, mashed, lumpy and finger food textures, according to your child's ability.



**IRON-RICH FOODS** Your baby is reliant on foods for this important nutrient from around 6 months. Animal sources include meat and fish, plant sources include lentils, beans and dark green vegetables.



**ALLERGENS** Include commonly allergenic foods from around 6 months, such as milk, peanuts and eggs. Introduce one at a time, starting with small amounts and monitoring for allergic symptoms. If your baby has a known allergy or eczema, or there's history of these, asthma or hay fever in the family, speak to a healthcare professional beforehand.



#### OFF THE MENU

- High salt and sugar foods (avoid adding salt to foods).
- Whole nuts, seeds and small fruits (serve finely chopped or ground).
- Soft and unpasteurised cheeses.
- Raw shellfish & certain fish; shark, swordfish and marlin.
- Raw eggs (unless British lion quality).
- Honey.



**DRINKS** Keep drinks simple. Introduce a free-flowing beaker of tap water at mealtimes. Otherwise, only breast milk or infant formula should be given before 1 year of age.



**SUPPLEMENTS** If less than 500ml of infant formula is consumed per day, the UK government advises a vitamin A,C and D supplement daily from 6 months.



**HOW MUCH?** There are no portion size guidelines for babies, as every baby is different. Take their lead, remembering appetite can vary day-to-day, and try to learn their hunger and fullness cues.

### HOW?



**RELAX** Your little one is learning from you. Watching you relax & enjoy mealtimes increases their enjoyment of food. Particularly if you're eating a food they're still learning to like.



**REPEAT** It can take 10-15 times for a new food to be accepted, repeated exposure is key!



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