



WEANING

the fundamentals



WHEN?



Start around 6 months, no earlier than 4 months. Look for signs of readiness:

- 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.

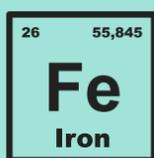
WHAT?



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 after. 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 6 months. Found in animal foods, such as meat & fish, and plant sources, such as lentils, beans and dark green veg.



ALLERGENS Include allergenic foods from around 6 months, one at a time and starting with small amounts. Delayed introduction of commonly allergenic foods has been shown to increase risk of allergies later in life.

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, whole nuts, seeds and small fruits, soft and unpasteurised cheeses, raw shellfish, certain fish (shark, swordfish and marlin), raw eggs (unless British lion quality) and 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 is advised from 6 months to 5 years of age.

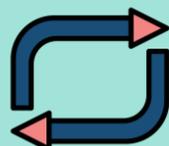


HOW MUCH? There are no portion size guidelines for babies, as every baby is different. Take their lead, remembering appetite can vary day-to-day, and try to learn their hunger and fullness cues.

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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