

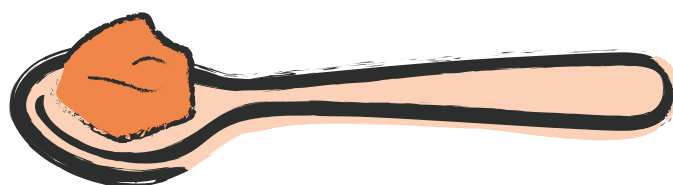
WEANING

HOW TO START WEANING YOUR BABY / HOW TO INTRODUCE SOLID FOODS

Babies just need breastmilk or an appropriate first infant formula for around the first six months of life. From six months they are likely to start showing the signs of readiness for the introduction of solids alongside breast milk or formula.



.....

- 1 INTRODUCE SOLIDS GRADUALLY:** Start with single-ingredient, soft, and pureed foods like rice cereal, mashed bananas, or avocados around 6 months, once or twice a day. They will not eat very much at the beginning and will spit most of it out. They need time to adapt to the feeling of food in their mouths, and to swallowing food- this is also an important part of the process.
- 2 WATCH FOR SIGNS THAT YOUR BABY IS READY TO BEGIN EATING SOLID FOODS:** Look for signs like good head control, sitting up with support, and showing interest in food.
- 3 MAINTAIN A SCHEDULE:** Establish a consistent feeding routine, but be flexible to adapt to your baby's hunger cues.
- 4 VARIETY OF FOODS:** To ensure balanced nutrition, offer a variety of fruits, vegetables, grains, and proteins like cooked fish, meats, eggs, pasteurised dairy products like cheeses and yogurts.
- 5 TEXTURES AND FINGER FOODS:** Progress to thicker textures and finger foods as your baby gets used to eating solids. This helps with motor skill development.
- 6 SAFE FOOD SIZES:** Cut or mash food into small, manageable pieces to prevent choking hazards.
- 7 LIMIT SUGAR AND SALT:** Avoid adding sugar or salt to your baby's food. Babies don't need these added to their diet.
- 8 BREASTMILK OR FORMULA:** Continue breastfeeding or formula feeding alongside solids until at least one year.
- 9 STAY PATIENT AND POSITIVE:** Be patient if your baby rejects certain foods. Keep mealtimes positive and encourage exploration.



.....

FURTHER INFORMATION

 happybabycommunity.org.uk
 07394 609388



10 ALLERGENIC FOODS: Introduce one new food at a time for a few days, to see if your baby shows any allergic reaction. It is completely normal for a baby to need to try a new food several times before they seem to like it and want to eat it. However, a baby may be allergic or intolerant of a certain food, where their body will develop a rash, diarrhoea or occasionally a stronger reaction. If this happens do not give that food again until you speak with a doctor. If the baby is having a severe reaction to a food, for example if they start to have difficulty breathing, then call an ambulance immediately. This is very rare so it is important not to be frightened to feed babies normal foods.

UK HEALTH ALLERGY RECOMMENDATIONS FOR NEW BABIES, IN BRIEF:

- No cows milk or honey until the age of 1 year
- No whole nuts or peanuts until the age of 5 years; ground nuts and nut butters can be eaten after the age of 6 months unless there is a history of food allergies or other allergies in the family - then avoid nuts all together or speak with a doctor before feeding them to a baby.
- No eggs until 6 months old
- No unpasteurised cheeses, rice milk, jelly cubes, raw shellfish, some other fishes.

HERE ARE UK HEALTH GUIDELINES FOR AVOIDING CERTAIN FOODS THAT ARE MORE LIKELY TO CAUSE AN ALLERGIC REACTION, AND FOR WEANING BABIES:


www.nhs.uk/conditions/baby/weaning-and-feeding/food-allergies-in-babies-and-young-children

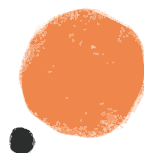
www.nhs.uk/conditions/baby/weaning-and-feeding/babys-first-solid-foods

- 11 MEALTIME ENVIRONMENT:** Create a calm and pleasant mealtime environment, free from distractions like TV or gadgets.
- 12 SAFETY FIRST:** Always supervise your baby during mealtime, and never leave them unattended with food.
- 13 GRADUAL TRANSITION:** When your baby turns one year old, you can continue breastfeeding, or you can offer an age-appropriate follow on formula milk, or you can gradually transition to pasteurised cow's milk.
- 14 CONSULT A PEDIATRICIAN:** If you have concerns about allergies, growth, or specific dietary needs, consult with a pediatrician or a registered dietitian.

FURTHER INFORMATION

 happybabycommunity.org.uk

 07394 609388



HAPPY BABY COMMUNITY