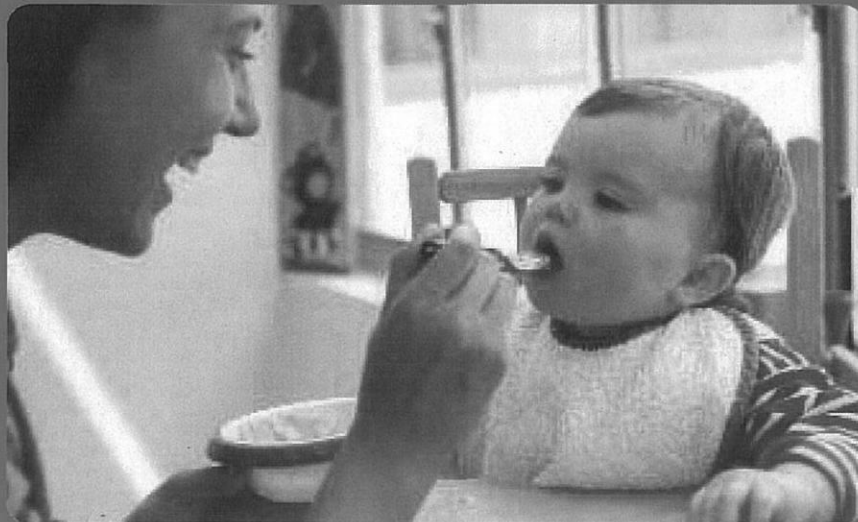


How to start

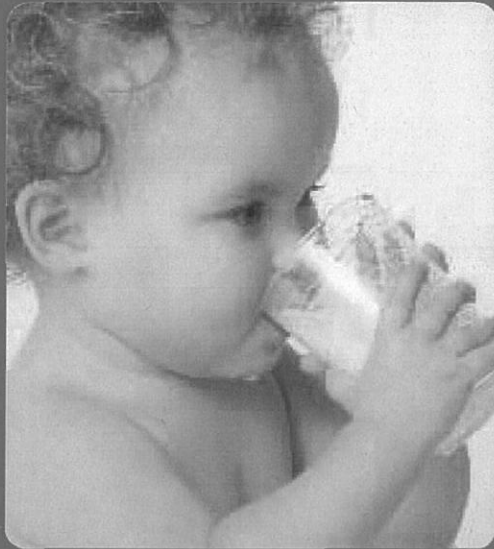
Start by offering a small amount of mashed vegetable or fruit after a milk feed or in the middle of one, if this works better. If the food is hot, make sure you stir it and test it before giving it to your baby.

Most babies take time to learn how to take food from a spoon and some manage better with their fingers, so be patient and be prepared for some mess. Your baby will be finding out about different tastes and textures and learning that food doesn't come in a continuous flow.



HANDY HINT

Make sure your baby is sitting up straight and is facing forward. A highchair is best. This way your baby is able to explore foods better and will be less likely to choke.



CUPS

If you are bottle feeding, comfort sucking on a bottle can become a habit that's hard to break. Introduce a cup at six months and aim to have your baby off the bottle by their first birthday. Using a cup is better for your baby's teeth.

- Don't press food on your baby. If the food doesn't seem to be wanted, wait and try again later.
- Don't add any foods (including rusks) to a bottle containing milk.
- Wait for your baby to open his or her mouth when food is offered.
- Let your baby touch the food in the dish or on the spoon.
- Allow your baby to feed themselves, using their fingers, as soon as they show an interest.
- Give your baby a range of foods and textures to taste.

HANDY HINT

Water is the best alternative drink to milk, if you choose to give juice dilute it one part juice to ten parts water.