

What is weaning?



Weaning means introducing a range of 'non-milk' foods gradually until your baby is eating the same foods as the rest of your family.

Until six months, your baby has needed only breastmilk or infant formula milk. From about six months your baby has developed so that he or she is able to eat solid foods. Your baby now needs more than milk alone can provide.

By six months, your baby will be developing the skills to sit up, hold objects and put them to his or her mouth, and will show signs of being interested in the food you and your family are eating.

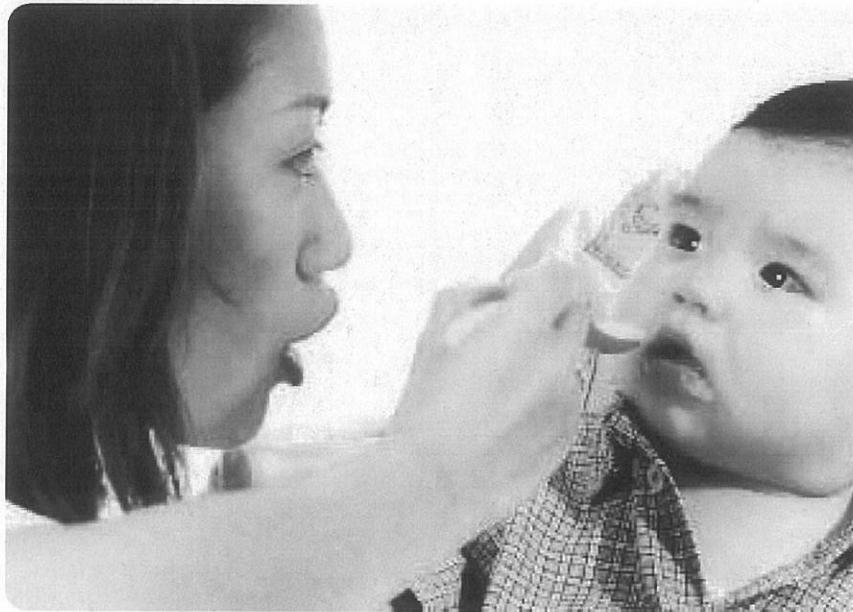
When to start

At about six months babies can easily be moved onto a mixed diet.

Try giving solid foods when your baby:

- Can sit up
- Shows interest in solid food
- Picks up food and puts it in his or her mouth
- Wants to chew and may have teeth
- Appears to still be hungry even though you have tried increasing milk feeds for a few days.





Solid foods should not be introduced before the end of your baby's fourth month (at 17 weeks). If you decide to introduce your baby to solid foods before six months there are many foods that should be avoided. These include foods which contain wheat, gluten, eggs, fish, shellfish, liver, citrus fruits, soft and unpasteurised cheeses.

You need to ask your health visitor for advice, especially if your baby was premature.

HANDY HINT

Never leave your baby alone when eating. Talk to your baby quietly and encourage them to eat.