



Freezing and reheating food

- Cool food as quickly as possible and freeze.
- Make sure food is fully and safely thawed when defrosting.
- Reheat food thoroughly so it is piping hot all the way through.

Your baby's development from breast or formula milk feeding to sharing in the family meal is one of the first stages of growing up.

Enjoy it. Encourage it. Don't force it.

Let it happen at its own pace, and if you have any worries talk to your health visitor or GP.

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