

# Safe Weaning

## Allergies

It is important to introduce foods that are potential allergens. These foods can be introduced from 6 months old. We should introduce allergenic foods one at a time and in small amounts. When introducing potential allergens, keep an eye out for any reactions. If your baby tolerates an allergenic food, keep offering it regularly.

**Potential allergens include:** Cows milk, eggs, soya, fish, gluten, shellfish, nuts and seeds.

## Foods to Avoid When Weaning



Sugary Foods



Whole Nuts



Salty Foods



Honey



Soft or Unpasteurised Cheese



Raw Shellfish

## Signs of a Food Allergy

Diarrhoea

Vomiting

A Cough

Wheezing

Shortness  
of Breath

Itchy  
Throat or  
Tongue

Itchy Skin

Rash

Swollen  
Lips or  
Throat

Runny or  
Blocked  
Nose

Sore/Red  
Eyes

Itchy Eyes

### **Be Alert!**

In a few cases, foods can cause a severe allergic reaction known as Anaphylaxis. This can be dangerous and in some cases life-threatening.

If this happens seek medical attention immediately!

## Weaning and Gagging

Sometimes when you introduce solid foods your baby may gag. This is because they are trying to learn how to chew and swallow. Gagging is normal and helps to prevent choking.



If your baby is gagging you may see the following signs:

Eyes  
Watering

Pushing  
their  
tongue  
forward

Bringing  
food to the  
front of  
their mouth

## Weaning and Choking

When weaning there is a risk of choking, which shouldn't be confused with gagging.

The body's reflex when food gets stuck is to cough, but if the airway becomes completely blocked the baby will be unable to cough/gag and will be silent. This is extremely serious and without help, they could die.

## Preventing Choking

Cut small round foods such as grapes into small pieces

Remove pips or stones from fruit

Soften hard fruits & vegetables when first starting to wean

Always supervise your baby while they are eating

Make sure your baby is sat upright in a high chair

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