

## Weaning Should Be Fun!

Encourage your baby to **touch**, **taste** and **smell** their food. Allowing them to get **messy** and **play** with their food during weaning is key for their sensory **development**. It also aids their **learning** around new foods and increases food **acceptability**!

Offering a **rainbow** of fruits and vegetables is also important! It is not only key in ensuring your baby's diet is full of different **vitamins** and **minerals** but also helps to provide a full **sensory** experience of **flavours**, **textures** and **sights**!



# GWGWH

Growing **Well** Growing **Healthy**  
Stockton Infant **Feeding**

