

# Weaning

## When to start?

There is a lot of conflicting advice out there about when is the right time to start weaning your baby.

Prior to 6 months, breast milk or infant formula provides all the nutrients your baby needs. You should wait until your baby is around 6 months old before introducing solid foods. This allows your baby time to develop so they can cope with solids.

At 6 months babies will be better at chewing and swallowing so they will be able to have mashed, lumpy & finger foods. Your baby will also be more able to feed themselves.



## Ready or Not?

There are 3 main signs that suggest a baby is ready for solid foods alongside their breast milk or infant formula. These signs usually appear together from around 6 months

### The Signs:

- ✓ Staying in a sitting position and holding their head
- ✓ Eye, hand and mouth coordination so they can look at food, pick it up and put it in their mouth
- ✓ Swallowing food (rather than spitting it back out)

The following factors can often be **mistaken** for signs that your child is ready for weaning:

- ✗ Chewing fists
- ✗ Waking more often through the night
- ✗ Wanting more frequent milk feeds



# Textures to Introduce from 6 Months



## Soft Foods

- Prepared by cooking foods well and then pushing them through a sieve to remove lumps
- Can also be blended with a little breastmilk, infant formula or full-fat cows' milk if your baby is over 6 months old



## Mashed Foods

- Prepared by mashing any cooked or raw food until mostly smooth but small lumps remaining.
- Breastmilk, infant formula or full-fat cows milk (when your baby is over 6 months), can also be added to aid mashing



## Finger Foods

- Pieces of food that your baby can hold to feed themselves.
- Important to encourage independent feeding.
- Should be soft, easy to bite and chew and slightly bigger than your baby's hand.

# GWGH

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