Baby Weaning

why is it important?

By Jemma Harding







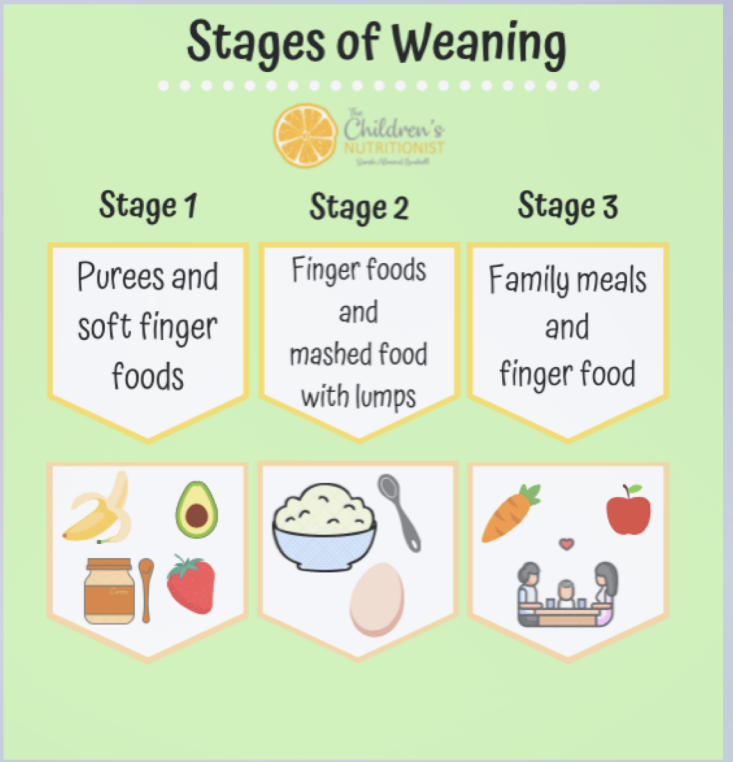
Getting started..

Signs your baby is ready for weaning around 6 months…

- Sitting up and holding their head steady
- Picking up thing to put in their mouth
- Swallowing foods when you offer it to them

3 Main ways of weaning:

- Traditional weaning
- Baby Led Weaning
- Combination weaning



Foods to avoid:

- Avoid adding salt or sugar to foods
- Cheese made from unpasteurized milk
- Raw selfish
- Eggs that have not been stamped by the red lion.
- Whole nuts
- Big mouthfuls

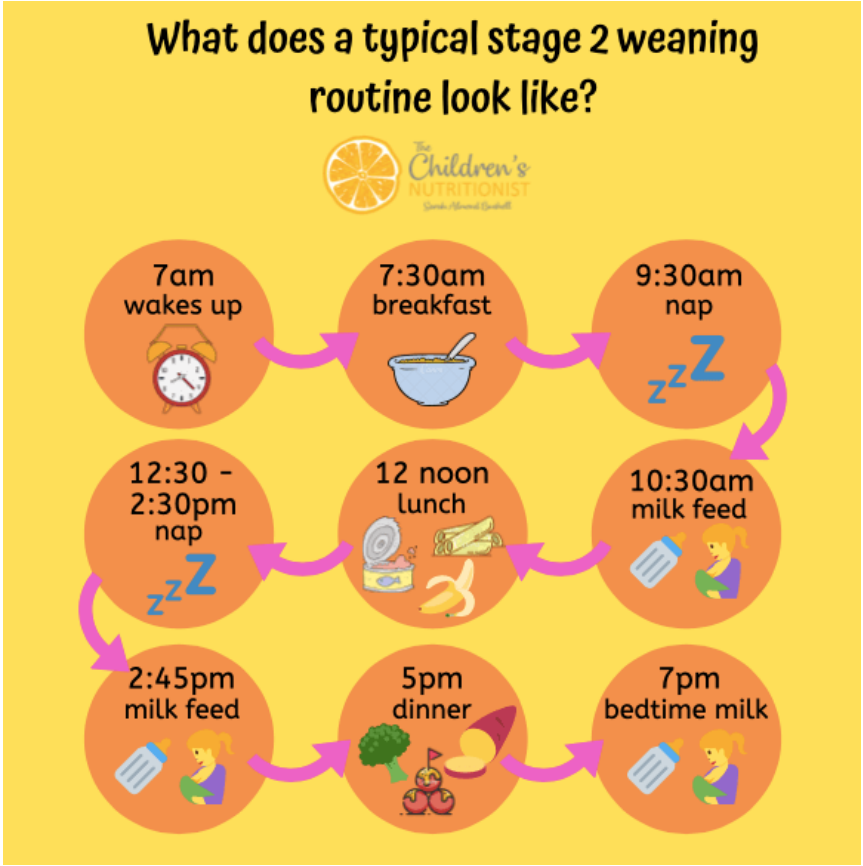
Stage 1 of weaning

Stage.1 describes the very first foods you offer to your baby which maybe purees if you follow traditional weaning or single sticks of well -cooked vegetables.



Stage 2 of weaning

Your baby will be more active ,burning off more energy and more will to explore new foods



https://www.youtube.com/watch?v=m_Hylu4ASlE

Stage 3 of Weaning

Usually starts from around 10 months

You should aim to offer suitable family foods by 12-15 months.

*If your baby is on formula milk then will need vitamin drops from 1 year old






Play + Learn
Ella's kitchen
tomato + leek melty puffs
6+ mth finger food
puff pops
snacks


Cow & Gate
Creamy Porridge
Baby Rice
Banana Porridge


Heinz BY NATURE
peach, mango, banana & apple
Heinz BY NATURE
parsnip, pork & prune
Heinz BY NATURE
peas, potato & Fish


7+ months
Organix
Banana Rice Cakes

Organix


HiPP organic
apple & banana swiss style muesli


Ella's kitchen
peas
4+ mth first taste


Ella's kitchen
Lip Smacking Spag Bol
with a sprinkle of cheese


Organix
First Organic Wholegrain Baby Rice


Organix
Goodies
Organic Fruit Bars
Date & Apple


Organix
MIGHTY meals
Hearty Lamb Hotpot

