

# Weaning

by Blackpool Teaching Hospitals - Tuesday, January 10, 2012

First foods for your baby.

## Before you start, remember:

Baby must be in an upright position and never left alone when eating. **Do not cook with, or add salt, sugar or honey to your baby's food.** Do not give cow's milk as the main drink until the baby is at least one year old. Sterilise bottles until baby is one year old, but also offer drinks from a feeder cup from 6 months old.

## Example of meals for 6-7 months

### Week 1

<b>Early morning:</b>	Milk feed.
<b>One meal:</b>	A few teaspoons of pureed or mashed vegetables or fruit, or baby rice mixed with milk (breast or formula).
<b>Rest of day:</b>	Milk feeds. Offer drinks of water from a feeder cup at meal times.

### Week 2

<b>Early morning:</b>	Milk feed.
<b>Two meals each day:</b>	Increase gradually the amount each day of pureed or mashed vegetables, fruit or baby rice, and make thicker. Milk feed.

### Week 3

<b>Early morning:</b>	Milk feed.
<b>Breakfast:</b>	Unsweetened cereal, i.e. Weetabix or porridge (no sugar added)
<b>Two meals each day:</b>	Offer mashed or pureed vegetables or fruit first, each day: increasing amount and thickness. Offer milk feed (baby may take less).

## Example of meals for 7-8 months

### Week 4 (onward)

<b>Early morning:</b>	Milk feed.
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<b>Breakfast:</b>	Unsweetened cereal or porridge with breast or whole cow's milk. Mashed fruit.
<b>Lunch:</b>	Mashed family food, for example cooked lentils with rice, or minced chicken and vegetable casserole, followed by fromage frais with mashed fruit, or milk pudding.
<b>Evening Meal:</b>	Mashed family food followed by yoghurt with mashed fruit. <b>Offer milk feed</b> (although baby may take less). <b>Offer finger foods</b> , for example, toast, cheese cubes, bread sticks.

**Example of meals for 9-12 months**

<b>Early morning:</b>	Milk feed.
<b>Breakfast:</b>	Cereal or toast.Sliced fresh fruit.
<b>Lunch:</b>	Family food, or small wholemeal sandwich.Fruit and custard/yoghurt.
<b>Evening Meal:</b>	Family food, stewed or fresh fruit.Milk feed, although baby will take less.

**Useful Links:**

Weaning information in 'Birth to Five' book is **Chapter 3 pages 40-60**.

The Department of Health Weaning Leaflet (ref: 278960) can be downloaded from [www.dh.gov.uk/Publications](http://www.dh.gov.uk/Publications).