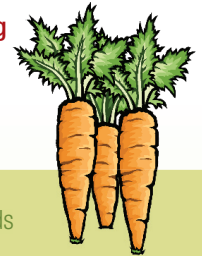




Starting weaning plan



- Try to introduce weaning foods when you are both relaxed and when your baby is not too hungry or tired, and make up only a small amount to begin with to avoid waste.
- Alternatively you can make up a batch of fruit or vegetable purees in an ice cube tray and when they are frozen, pop them out and place in a freezer bag labelled with the date. Allow to defrost in the fridge. If you use a microwave, stir well and test the temperature to avoid hot spots.
- Remember, it can take a few tries before your baby will accept a new taste. Don't panic – just try again another day!



Week one

Usual milk feeds plus small but increasing amounts of solids

Days 1 and 2 – In the middle of or after one milk feed, offer 1 small spoonful of solids

Days 3 and 4 – In the middle of or after one milk feed, offer 1-2 teaspoons of solids

Days 5 and 6 – After one milk feed, offer 2-4 teaspoons of solids

Day 7 – After one feed offer 2-5 teaspoons of solids

Week two

Usual milk feeds plus solids at one or two feeds a day

Breakfast – baby's usual milk plus 2-5 teaspoons of solids

Lunch or evening meal – baby's usual milk plus 2-5 teaspoons of solids

Week three

Usual milk feeds plus solids at two feeds a day

Breakfast – baby's usual milk plus 2-3 tablespoons of solids

Lunch or evening meal – baby's usual milk 2-3 tablespoons of solids

Week four

Usual milk feeds plus solids at two or three feeds a day

Breakfast – baby's usual milk plus 2-3 tablespoons of solids

Lunch or evening meal – baby's usual milk 2-3 tablespoons of solids

Evening meal – baby's usual milk plus 2-3 tablespoons of solids

For more information on weaning, visit heinzbaby.co.uk

Here are some examples of solids food you may like to try:

- Baby cereals such as baby rice mixed with baby's usual milk
- Smooth vegetable purée, such as carrot, parsnip, potato or sweet potato
- Fruit purée, such as mashed up banana, ripe mango or puréed, cooked apple or pear

The Department of Health recommends exclusive breast feeding for the first six months of your baby's life. All babies are different and develop at different rates. Your baby may start to show signs they are ready for weaning earlier than six months. If this is the case and you think your baby may be ready to start solids, speak to your healthcare professional who will be able to advise you. Babies under 17 weeks should not be given solid foods.

