



# From Fluids to Solids.

Practical weaning advice for families.



## A note from your special carer:

### When should I introduce my baby to solid foods?

Introducing your baby to solid foods is often called weaning. It is a really important step in your baby's development and can be great fun to explore new flavours and textures together.

Every baby is an individual, but there are three clear signs which, together, show your baby is ready for solid foods alongside breastmilk or infant formula. It is very rare for these signs to appear together before your baby is **six months old**.

They can stay in a sitting position and hold their head steady.

They can co-ordinate their eyes, hands and mouth so that they can look at the food, pick it up and put it in their mouth, all by themselves.

They can swallow food.

Babies who are not ready will push their food back out!!

Some signs that can be mistaken for a baby being ready for solid foods:

- chewing fists – this could be a sign of teething
- waking in the night when they have previously slept through
- wanting extra milk feeds

These are normal behaviours and not necessarily a sign of hunger, or a sign of being ready to start solid food. Starting solid foods won't make them any more likely to sleep through the night. Extra feeds are usually enough until they're ready for other food.

## Amy Advices:



*"As a parent myself, I know first-hand out daunting the prospect of weaning can be, questioning whether or not what your doing is right and if your little person will be able to manage.*

*The best advice is, let your little one lead you, take your time, and remember your little person knows their body best.*

*Also be prepared, for lots of mess..... This is where they will want to start feeding themselves, so cover your white floors and walls! "*



### Getting started:

- Let your baby enjoy touching and holding the food.
- Allow your baby to feed themselves, using their fingers, as soon as they show an interest.
- Don't force your baby, wait until the next time if they are not interested this time.
- If you are using a spoon, wait for your baby to open their mouth before you offer the food. Your baby may like to hold a spoon too.
- Start by offering just a few pieces or teaspoons of food
- Cool hot food and test it before giving it to your baby.
- Be patient with your child as they may think it's 'play time'