



# Common concerns

## What about other people's opinions?

Family and friends will often have an opinion about what you should and shouldn't be doing with your baby. Usually, they are well-meaning and are trying to be helpful. Sometimes it is hard to know what to listen to so it may be worth checking with your health visitor, community nursery nurse or the teams at the family hubs to feel confident that you are aware of the latest guidelines.

## What about my baby not wanting solid food?

Every baby is different; some take to complementary feeding easily and others aren't that interested. It will often take lots of tries for a baby to decide they like something, so don't worry if they seem to be pulling faces or rejecting certain foods. In fact, it may take 10 times or more of introducing a food before your baby gets used to it. This is normal.

At first, solid food is complementary to baby's milk so introducing different foods and varying textures is about getting your baby used to the idea of enjoying eating, rather than how much they are absorbing. If you are concerned, speak with your health visitor or community nursery nurse.

