



Common concerns

What about choking?

Many parents are concerned about choking. There is a difference between choking and gagging, and gagging is a necessary reflex to develop, that can actually help prevent babies from choking.

To find out more about gagging, [watch this video](#).

St John's ambulance have a helpful video to watch explaining what to do if your baby is choking.

What about shop bought baby food?

Although there are guidelines for appropriate marketing of baby products, many families are left feeling confused by labelling that says 'suitable from 4 months'. Extensive research has led to the NHS recommending complementary feeding is introduced at around six months.

Ready made options may appear convenient but homemade food and fresh fruit and vegetable are the best options for introducing your baby to solid foods and helps you to know exactly what they are eating with no unnecessary additives.

