



Common concerns

What about portion sizes and recipes?

Babies have little stomachs, so they don't need much food, plus they are still getting their main source of nutrients from milk. Both the [NHS Start for life website](#) and [First Steps Nutrition](#) have lots of helpful information that give guidance on [portion sizes](#), with free downloadable resources to give recipe ideas too.

What about the mess?

As your baby starts to explore complementary feeding it is inevitable that it will be messy. Try using an old wipe clean tablecloth or shower curtain underneath the highchair to make it easier to clean up after mealtimes.

As they try different foods, they are also keen to explore textures and play with food which helps them with coordination and sensory development. It's great if they can eat with you as this social activity will help them to develop more skills.

