



What is ...



... complementary feeding?

Introducing new foods is a significant developmental milestone and babies enjoy exploring new flavours and textures. To begin with, solid food is complementary to baby's milk and therefore it is less important how much they eat (which can vary greatly day-to-day) and more about getting used to the idea and enjoying eating.

Babies don't need three meals a day to start with, so you can start by offering foods at a time that suits you both.

Gradually you can increase solid food whilst slowly reducing baby's milk intake. Go at your baby's pace and introduce a variety of foods and, ideally, a variety of textures.

It is important not to add sugar or salt (including stock cubes and gravy) to your baby's food. For up-to-date information on foods to avoid, visit [nhs.uk](https://www.nhs.uk)

