

Getting started



Introducing solid foods

By around 6 months of age, your baby is usually developmentally ready to start introducing food other than breast (or infant formula) milk. We call this complementary feeding, but it is often still referred to as weaning.



The Better Health [Startforlife](https://www.nhs.uk/start-for-life/) website is full of helpful information and short videos. Visit <https://www.nhs.uk/start-for-life/>



Enjoy the experience!

Let them explore different textures and flavours as they will still get most of the nutrients they need to help them grow from milk.

The experience can be different for everyone so don't panic if your baby doesn't seem too interested at first.

Responsive milk feeding is still important until at least 12 months.

Once complementary feeding is introduced it is important to remember that this remains alongside milk feeds not in place of them.

How do I get started?

Introduce a range of foods gradually until your baby is eating the same foods as the rest of your family.

Department of Health



Start by offering just a few pieces or teaspoons of food once a day.



If the food is cooked, allow the food to cool before giving it to baby.



Let your baby enjoy touching and holding the food.



Always stay with your baby when they are eating in case they choke.



Don't force your baby. There will be a next time if they aren't interested.



Your baby can feed themselves with their fingers as soon as they show an interest.



If you are using a spoon, wait for baby to open their mouth before offering food.

Your baby may like to hold the spoon too!

One at a time!











At this special time when your baby tries different foods it is important to introduce foods that can cause allergic reactions one at a time.

If you introduce a small amount, you will be able to see if there are any reactions.

If you are concerned about a reaction, please call 111 for advice and see your GP. Make sure you seek medical advice before removing any food groups from your baby's diet.

Common high allergen foods that can be introduced from around six months, these are:

-  Eggs (lion stamped)
-  Cow's milk (in cooking)
-  Foods that have gluten
-  Nuts and peanuts (crushed or ground)
-  Seeds (crushed or ground)
-  Soya
-  Shellfish (cooked)
-  Fish

Allergy UK have information about signs of a food allergy.



“ We were both nervous and excited about starting feeding with our little boy. At the beginning it was easy to get taken in by what the supermarkets/packages advertised but the more we did, the more we looked into different foods and spoke to other Mums who had just started weaning, and became a bit more adventurous. Then I took him on a weaning workshop and realised how much he loved finger food. Now at 8 months he is eating home cooked meals and loves trying anything, especially if it's in someone else's bowl! He always pulls a funny face when he has the first mouthful but after that is keen to wolf it down. He has a lot less milk now but still loves his bottle in between feeds.

Wendy