



Myth busting

What myths have you heard about weaning?





Being aware of the myths

It can be confusing to know if your baby is ready, and often other people will give mixed messages about what to do and when.

There are many myths around signs of your baby being ready to introduce solid foods, such as chewing fists, watching you eat, requiring extra feeds and waking during the night. These are all normal and not necessarily signs of being ready for solids.



If your baby hasn't reached six months some extra breast or first stage milk will help until they are ready for food.

These are not signs that I'm ready for solids ...



Chewing fists.



Watching you eat.



Waking during the night.



Requiring extra feeds.

What we know

Up to six months of age, babies get all the nutrients they need to help them grow from milk.

Evidence indicates that introducing solid food before 6 months of age reduces the amount of breast (or infant formula) milk consumed and is associated with greater risk of infectious illness in infants.



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We now know that introducing solid food too early can increase the chances of becoming overweight and this can lead to other health problems such as diabetes.

Waiting until around six months helps your baby to be developmentally ready to start trying solid food and helps protect them from the unseen problems associated with early introduction of food other than breast (or infant formula) milk.

