

Is your baby ready for weaning?

First signs include:

- Still seems hungry, even after more milk
- Shows an interest in your food
- Puts toys in mouth
- Is able to sit up without support

Basically – baby will let you know when it's time.

It's all in the preparation

What you'll need to get started:

- Small and shallow plastic spoons
- Plastic bowl
- Bibs
- Clean cloths
- A food blender

Tips on starting weaning

- Choose a quiet time when your baby is contented
- Start with their usual milk feed
- Sit your baby on your lap or in a suitable chair
- Use a small, shallow plastic spoon
- Spoon a small amount of food into a bowl – less wastage
- Use a bib – those first few mouthfuls may come right back out again
- First tastes should be mild and smooth in texture
- There's no hurry, as your baby's usual milk still supplies all the nourishment needed.

What foods are good to start baby on?

Try Baby Rice and gently cooked organic fruits like apples or pears or sweet vegetables (e.g. parsnips, carrots) in the form of mild tasting smooth purees. To encourage your baby to eat vegetables, try combining with fruit to add sweetness. Potato and apple works well together. Remember to choose only gluten free ingredients before 6 months so no pasta, oats or bread just yet.

Week 1

Day 1 and day 2 Usual milk feeds. After one of the feeds offer the tip of a spoonful of solids

Day 3 and day 4 Usual milk feeds. After one of the feeds offer 1-2 teaspoons of solids

Day 5 and day 6 Usual milk feeds. After one of the feeds offer 2-4 teaspoons of solids

Day 7 Usual milk feeds. After one feed offer 2-5 teaspoons of solids

Week 2

All usual milk feeds – plus solids at one or two feeds per day

Breakfast

Usual milk feed plus 2-5 teaspoons of solids

Lunch or tea

(if given) Usual milk feed plus 2-5 teaspoons of solids

(If you prefer, you can choose other feed times to offer solids)

Week 3

All usual milk feeds – plus solids at two meals per day

Breakfast

Usual milk feed plus 5-10 teaspoons of solids

Lunch or tea

Usual milk feed plus 5-10 teaspoons of solids

(Don't worry if baby's not keen on any new tastes – try again at a later date)

Week 4

All usual milk feeds – plus solids at two or three meals per day

Breakfast

Usual milk feed plus 5-10 teaspoons of solids

Lunch

Usual milk feed plus 5-10 teaspoons of solids

Tea

Usual milk feed plus 5-10 teaspoons of solids

Why not try..?

- ♥ HiPP Organic Baby Rice (dried)
- ♥ HiPP Organic Stage 1 Jars e.g.
 - Mixed Vegetable Medley (jar)
 - Tender Carrots & Potatoes (jar)
 - Apple & Pear Pudding (jar)
- ♥ HiPP Organic Purely Fruits e.g.
 - Apple, Peach & Mango (4 x pots)
 - Apple, Strawberry & Blueberry (4 x pots)



Why not try..?

- ♥ HiPP Organic Dried Cereals e.g.
 - Apple, Orange & Banana Cereal (dried)
 - Banana & Peach Breakfast
- ♥ HiPP Organic Savoury Jars
- ♥ HiPP Organic Stage 1 Wholesome Pots e.g.
 - Sweet Pumpkin with Tender Carrots (2 x pots)
 - Creamed Root Vegetables with Apple (2 x pots)
- ♥ HiPP Organic Purely Fruits (4 x pots)



Why not try..?

- Foods in week 1 and 2 plus...
- ♥ **Breakfasts** HiPP Organic jars, dried cereals and fruity breakfast pots e.g.
 - Creamy Rice Breakfast (jar)
 - Banana & Peach Breakfast (dried)
 - ♥ **Lunch or tea** HiPP Organic Savoury Meals e.g.
 - Cheesy Spinach and Potato Bake (jar)
 - Cottage Pie (jar)
 - Succulent Tomato & Chicken Ragout (2 x pots)
 - ♥ **Desserts** HiPP Organic Dessert Jars e.g.
 - Banana & Rice Pudding (jar)
 - Apple & Blueberry Dessert (jar)



Why not try..?

- Foods in week 1, 2, and 3 plus...
- ♥ **Breakfasts** HiPP Organic jars, dried cereals and fruit & cereal pots
 - ♥ **Lunch or tea** HiPP Organic Savoury Meals e.g.
 - Vegetable & Lentil Bake (jar)
 - Sweet Squash & Chicken (jar)
 - ♥ **Desserts** HiPP Organic jars or fruit pots e.g.
 - Mango & Banana Melba (jar)
 - Rice Pudding (jar)
 - Apple & Pear with Yogurt (4 x pots)



How much and when?

Initially, all you need is one or two spoonfuls of food half way through or after your baby's usual milk feed. Then gradually you'll be able to increase the number of spoonfuls as your baby's appetite increases.

Eventually you will be able to give your baby a meal before their milk feed. Introduce these solids at the second and third meal each day.

What is gluten?

Quite simply, gluten is a product which some babies are sensitive to. It is found in wheat, oats, rye and barley. Avoid cereals and foods containing these ingredients: things like pasta, bread, wheat breakfast

cereals and rusks, at least until baby is 6 months or more. All our baby foods give information on the pack about when they can be given and if they contain gluten.

When weaning is under way

This chart is just an approximate guide of how much to feed your baby. Babies appetites vary from day to day – let your little one guide you.



Up to 7 Months

Three meals a day, plus usual milk feeds

Breakfast

10-15 teaspoons solids, plus milk feed

Lunch

10-15 teaspoons solids, plus milk feed

Tea

10-15 teaspoons solids, plus milk feed

Babies over 6 months can have foods containing gluten, e.g. wheat and oat-based cereals, pasta (unless yours is sensitive to gluten).

From 7 Months

Three meals a day, plus other milk feeds

Breakfast

15-20 teaspoons solids, plus milk feed

Lunch

15-20 teaspoons solids, plus milk feed

Tea

15-20 teaspoons solids, plus milk feed

Try offering mashed, slightly lumpier textures. Start introducing first finger foods (see below).

By 9 Months

Three meals a day, plus milk feeds

Breakfast

Small bowl of cereal. Piece of toast, plus milk feed

Lunch

Savoury meal, followed by fruit or dessert, plus drink

Tea

Savoury meal or sandwich, yoghurt dessert or fruit, plus milk feed

For quantities, be guided by your baby's appetite. Try a wider range of finger foods (see below).



Milk

- ♥ Milk (breastmilk or formula) continues to supply vital nutrition, so don't worry if your baby seems to eat very little to start with
- ♥ From 6 months babies should be having about 500-600ml (1 pint) of their usual milk per day
- ♥ Follow on milks are suitable for babies **from 6 months**
- ♥ Ordinary cows' milk (including whole milk) can be used when preparing foods, but shouldn't be your baby's main milk drink until at least one year of age.

Continue to use all the foods suggested in 'The first four weeks of weaning', plus:

♥ HiPP Organic Stage 1 Jars

Including those from 6 months which contain gluten (unless sensitive to gluten):

- Creamed Porridge Breakfast
- Penne with Tomato & Courgette
- Apple & Banana Crumble

♥ HiPP Organic Dried Breakfast

- Banana Porridge
- Creamy Porridge

♥ HiPP Organic Savoury Pots - from 6 months

Slightly textured to bridge the gap between stage 1 and 2:

- Juicy Tomato & Sweetcorn Pasta with Beef
- Sweet Carrot & Pea Risotto with Chicken



Continue to offer new foods:

- ♥ **HiPP Organic Stage 2** Recipes containing small soft lumps for babies learning to chew
- ♥ **Breakfast - HiPP Organic Jars or Dried Cereals**
 - Breakfast Duet: Tropical Cereal with Yogurt (jar)
 - Apple, Banana and 4 Cereal breakfast (dried)
- ♥ **Lunch & Tea - HiPP Organic Savoury Meals e.g.**
 - Vegetable Lasagne (jar)
 - Yummy Bean & Beef Cassoulet (2 x pots)
- ♥ **Desserts - HiPP Organic Jars or Fruit Pots**
 - Fruit Duets
 - Fruit & Pieces Pots
- ♥ **Suitable First Finger Foods:**
Pieces of ripe organic fruit and veg e.g. peeled pears, bananas, cooked carrot or why not try some tasty HiPP Organic Rice Cakes

Continue to offer new foods, a variety of foods and new textures:

♥ HiPP Organic Stage 2 Jars & Pots

- Lancashire Hotpot (jar)
- Spaghetti Carbonara (jar)
- Sweet Red Pepper & Aubergine Penne (2 x pot)
- Rice Pudding with Apple & Pear (jar)



♥ Other finger foods to try

Pieces of organic cooked meat, e.g. chicken, ham; hard-boiled egg – quartered, cube cheese, rice cakes, breadsticks, cooked pasta shapes, dried fruit, e.g. apricots, slices of banana



Research shows that babies given plenty of variety early on are less likely to become fussy eaters when they are older.

If your baby is enjoying three meals a day, try dropping one milk feed and offer water or well-diluted juice instead.

Joining in with family meal times is an important part of your baby's social development – and they'll often eat better as a result.

New textures

- ♥ Introduce foods with more texture from around 6-7 months
- ♥ Learning to chew is an important skill. Many babies will have difficulties at first and may spit lumps out (and sometimes even cough up the lumps to re-chew them)
- ♥ Always make sure someone is with your baby whilst they are eating, in case they have any difficulties swallowing.

Learning to feed themselves

- ♥ Giving a spoon or a piece of food to hold encourages independence and helps develop good co-ordination
- ♥ Babies often like to put their hands in their food. It's a messy business!
- ♥ From about 7 months it's good to introduce suitable finger food
- ♥ Offer foods with different shapes and colours for your baby to explore.

Iron

- ♥ By 6 months, iron stores that your baby was born with start to run low, so include plenty of iron-containing foods in the diet
- ♥ Good sources of iron are: red meat (beef, lamb, pork), poultry, fish, eggs, pulses (lentils, beans), green leafy vegetables and formula milks
- ♥ To improve iron absorption, give foods or drinks, containing vitamin C, e.g. fruit or fruit juice, at the same mealtime.

Good night milk

- ♥ HiPP Organic good night milk blends our high quality organic follow on milk with organic cereals, to make a satisfyingly creamy bedtime drink. This tasty drink is designed to be given **ONCE** per day and is suitable from **6 months to 3 years of age**.



Introducing other drinks and using a beaker

- ♥ You can offer sips of water or diluted fruit juice from the beaker at one mealtime – usually from **around 6 months**
- ♥ As food quantities increase, give your baby drinks to satisfy their thirst.



It's a good idea to introduce a beaker into your baby's feeding routine as soon as possible, and clean your baby's teeth regularly, particularly after their last feed.