

The first four weeks of weaning

This chart is just an approximate guide – go at your baby's own pace. A food rejected one day may be eaten another, so keep trying!



IS YOUR BABY READY FOR WEANING?*

Three clear signs which, together, show your baby is ready for solid foods alongside breastmilk or formula:

- ♥ Your baby is able to sit and hold their head steady
- ♥ They can look at a food, pick it up and put it into their mouth, all by themselves
- ♥ They can swallow food

TIPS ON STARTING WEANING

- ♥ Choose a quiet time when your baby is contented
- ♥ Start with your baby's usual milk feed
- ♥ Sit your baby on your lap or in a chair
- ♥ Use a small, shallow plastic spoon
- ♥ Spoon a small amount of food into a bowl – less wastage
- ♥ Use a bib
- ♥ 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

* Most babies do not need to start weaning until around 6 months. The decision to begin weaning before 6 months of age should be made only on the advice of a doctor, health visitor, public health nurse, dietician or pharmacist, based upon the individual infant's specific growth and development needs.

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Week One

DAY 1 and DAY 2

Usual milk feeds. After ONE of the feeds, offer the tip of a spoonful of solids (see below for choices)

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 feed, offer 2-4 teaspoons of solids

DAY 7

Usual milk feeds. After ONE feed, offer 2-5 teaspoons of solids

Week Two

ALL USUAL MILK FEEDS - PLUS SOLIDS AT TWO FEEDS PER DAY

Breakfast

Breast/bottle plus 2-5 teaspoons of solids (see below)

Lunch or tea

Breast/bottle plus 2-5 teaspoons of solids (see below)

Introduce one taste at a time in the early stages of weaning.

Week Three

ALL USUAL MILK FEEDS - PLUS SOLIDS AT TWO MEALS PER DAY

Breakfast

Breast/bottle plus 5-10 teaspoons of solids

Lunch or tea

Breast/bottle plus 5-10 teaspoons of solids

(Don't worry if your baby's not keen on any new tastes - try again at a later date. It can take 10-15 attempts to get babies to accept new tastes, but it's important to persevere).

Week four

ALL USUAL MILK FEEDS - PLUS SOLIDS AT THREE MEALS PER DAY

Breakfast

Breast/bottle plus 5-10 teaspoons of solids

Lunch

Breast/bottle plus 5-10 teaspoons of solids

Tea

Breast/bottle plus 5-10 teaspoons of solids



WHAT IS GLUTEN?

Gluten is just a protein to which young babies may be sensitive. It is found in wheat, oats, rye and barley. AVOID these cereals, or foods containing these cereals (e.g. pasta, bread, wheat breakfast cereals, rusks), until your baby is 6 months. All ready-made baby foods give information on the pack about when they can be given & whether they contain gluten.

BREAST IS BEST

Breastfeeding is best for babies. It is important that you eat a healthy, well-balanced diet if you are breastfeeding your baby. The Department of Health recommends exclusive breastfeeding until 6 months. Some babies may need to start weaning before this age, but no solids should be given before 4 months (17 weeks) as this could be harmful. You can continue to breastfeed even when weaning begins - once you stop, it's difficult to start again. Partial bottle-feeding with a formula milk may reduce the supply of your breast milk. For good advice on breastfeeding and weaning, based on your baby's specific growth and developmental needs, we suggest you talk to your health visitor or other health professional.

To prepare your own purees, wash, peel, chop and steam your chosen fruit and vegetables (preferably organic) until soft. Don't overcook and don't add salt or sugar. Then blend them in a sterilised liquidiser. Control texture by adding a little water or breast/formula milk. Allow to cool - test the temperature yourself first! Alternatively, there is a wide selection of foods to choose from in the HiPP Organic range - see below for ideas for each week.

- ♥ **HiPP Organic Stage 1 Jars 125g e.g.**
 - Pure White Carrot
 - Pure Peas
 - Apple, Banana & Blackcurrant
- ♥ **HiPP Organic Stage 1 Pouches 70g/100g e.g.**
 - Bananas & Baby Rice
 - Carrots, Cauliflower & Peas

Make all first solid foods smooth and mild.

- ♥ **HiPP Organic Dried Cereals e.g.**
 - Baby Rice
 - Banana & Peach Breakfast
- ♥ **HiPP Organic Stage 1 Jars 125g e.g.**
 - Tender Carrots and Potatoes
 - Mixed Vegetable Medley
 - Banana and Peach
- ♥ **HiPP Organic Fruit Pots 4 x 100g e.g.**
 - Just Fruit - Apple & Pear
 - Just Fruit - Apple, Peach & Mango
- ♥ **HiPP Organic Stage 1 Pouches 100g e.g.**
 - Apple, Strawberry & Banana

Make a batch of organic fruit or vegetable puree and freeze it in ice cube trays. Or keep a handy selection of HiPP Organic jars in the cupboard.

CHOOSE FROM FOODS IN WEEKS 1 & 2, PLUS SUGGESTIONS BELOW

- ♥ **Breakfasts - HiPP Organic Jars and Dried Cereals**
 - Banana & Peach Breakfast - Dried
- ♥ **HiPP Organic Stage 1 Savoury Jars 125g e.g.**
 - Tasty Vegetable Risotto
- ♥ **HiPP Organic Stage 1 Dessert Jars 125g e.g.**
 - Banana Rice Breakfast
 - Apple & Blueberry
- ♥ **HiPP Organic Stage 1 Pouches 100g e.g.**
 - Apple, Pear & Banana
 - Plum, Pear & Blackcurrant

Don't worry about how little or much food to give – the quantities given in the table are only a guide. When babies have had enough, they generally turn their heads or refuse to open their mouths.

CHOOSE FROM FOODS IN WEEKS 1, 2 & 3, PLUS SUGGESTIONS BELOW

- ♥ **Breakfasts - HiPP Organic Jars, Dried Cereals**
 - Banana & Peach Breakfast 230g
 - Pear & Peach Breakfast
- ♥ **Lunch or teas - HiPP Organic 100g savoury meals e.g.**
 - Parsnip, Sweet Potato and Broccoli
 - Parsnip, Sweet Squash, Peas & Chicken Dinner
- ♥ **Desserts - HiPP Organic 125g Jars e.g.**
 - Apple & Pear
 - Banana, Pear & Mango

Introduce as wide a variety of foods as possible so that your baby gets used to lots of different tastes.



When weaning is under way

This chart is just an approximate guide. Babies' appetites vary from day to day. Never force-feed your baby.



NEW TEXTURES

- ♥ Introduce foods with more texture from around 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!)
- ♥ Never leave babies alone whilst they are eating as choking is always a risk

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 the food, it's a messy business
- ♥ From about 6-7 months, introduce suitable finger foods
- ♥ 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 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 from non meat sources, give foods or drinks containing vitamin C, e.g. fruit or fruit juice, at the same mealtime

If you have any concerns about weaning, talk to your health visitor, visit the HiPP Organic website at www.hipp.co.uk or phone the HiPP careline on 0845 050 1351

Up to 7 months

THREE MEALS A DAY PLUS USUAL MILK FEEDS

BREAKFAST - 10-15 teaspoons of solids plus milk feed

LUNCH - 10-15 teaspoons of solids plus milk feed

TEA - 10-15 teaspoons of solids plus milk feed

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

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):
 - Buttered Vegetables
 - Mediterranean Vegetables with Aubergines
 - Vegetables with Fish Pie

HiPP Organic Dried Breakfasts:
• Creamy Porridge

HiPP Organic Stage 1 Pouches (from 6 months+) 100g e.g.
• Fruity Porridge
• Pear, Banana & Kiwi



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

from 7 months

THREE MEALS A DAY PLUS OTHER MILK FEEDS

BREAKFAST - 15-20 teaspoons of solids plus milk feed

LUNCH - 15-20 teaspoons of solids plus milk feed

TEA - 15-20 teaspoons of solids plus milk feed

Offer mashed and lumpier foods. Start introducing suitable first finger foods (see below).

CONTINUE TO OFFER NEW FOODS

- ♥ HiPP Organic Stage 2 - recipes contain small, soft lumps to encourage chewing
- ♥ Breakfasts - HiPP Organic Jars
 - Breakfast Layer - Strawberry cereal topped with Yogurt
 - Creamy Porridge
- ♥ Lunch & Tea - HiPP Organic Savoury Meals e.g.
 - Lancashire Hotpot 190g Jar
 - Vegetable & Chicken Risotto with Peas 130g Pouch
 - Creamy Tomato & Leek Pasta 130g Pouch
- ♥ Desserts - HiPP Organic Jars or Fruit Pots
 - Fruit Layer - mango & banana topped with yogurt - jar
- ♥ Suitable First Finger Foods - pieces of ripe organic fruit and veg e.g. peeled pears, bananas, cooked carrot, peeled cucumber sticks.



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

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, yogurt dessert or fruit, plus milk feed

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

CONTINUE TO OFFER NEW FOODS, COMBINATIONS OF FOODS AND NEW TEXTURES

- ♥ HiPP Organic Stage 2 Jars & Pots:
 - Green Vegetables with Cous Cous and Turkey - Jar
 - Spaghetti Carbonara - Jar
 - Strawberry & Raspberry Yogurt - Jar
 - Fruit & pieces Apple & Strawberry - Pot
- ♥ Other finger foods to try:
 - Pieces of organic cooked meat, e.g. chicken, ham, hard-boiled egg; cubes of cheese; rice cakes, breadsticks; cooked pasta, dried fruits, e.g. apricots; slices of banana.



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

MILK

- ♥ Milk (breast milk 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 should not be your baby's main milk drink until at least one year of age

VARIETY IS IMPORTANT

- ♥ Try not to just stick to foods you know your little one likes. Instead, keep offering a variety of foods. It's normal for your baby to be wary of new foods, so be ready to offer something new as many as ten times before they accept it. Persevering now will help them develop into more adventurous eaters as they get older.

INTRODUCING OTHER DRINKS AND USING A BEAKER

- ♥ Offer sips of water or diluted fruit juice from a beaker at one mealtime, usually from around 6 months
- ♥ As food quantities increase, give your baby water to satisfy thirst

Please introduce a beaker into your baby's feeding routine as soon as possible, and clean your baby's teeth regularly, especially after the last feed.

If you are making home prepared foods for your baby, use the best quality ingredients, preferably organic, and do not add any sugar or salt.

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