

FIVE TOP TIPS FOR WEANING

If you're thinking of starting your baby on solids, here's your top 5 tips for weaning.



TIP 1

Do start around **6 months** of age. Consider head control, postural stability and your baby's hand to eye co-ordination.



First foods include soft cooked **fruit** and **vegetables**. Peel and cook then puree with water, breast milk or formula.

..... TIP 2

Move swiftly onto important **iron**, **zinc**, **vitamin B12** and **omega-3 fatty acid** rich foods found in meat, chicken, eggs and fish.



TIP 3

Swap **SALT** and **SUGAR** for fresh **herbs** and mild **spices**. Babies love flavour too!



..... TIP 4

Do adopt a weaning style that incorporates both **spoon** and **finger** foods. This helps meet iron requirements, encourages independence and ensures a varied texture diet.

TIP 5

Have **fun** and don't forget your camera!

