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!

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