

Stages of weaning



Banana

Couscous and butternut squash

Bolognese, pasta, sweetcorn and peas

Stage 1: Pureed

(Age around 6 Months)

Thick consistency with some lumps.
Soft finger foods can also be introduced at this stage

Stage 2: Mashed

(Age 9 - 12 Months)

Mashed, chopped or minced consistency

Stage 3: Chopped

(Age 12 Months +)

Mashed, chopped family foods and a variety of finger foods

Babies are ready for solid foods when their digestive systems are developed enough to cope. This usually happens when they are about 6 months, although everyone is different.



Nuts

Whole nuts shouldn't be given to children under 5 as they can be a choking hazard. Be careful when introducing any nuts to babies for the first time as they can cause an allergic reaction.



Honey

Honey contains a certain bacteria that can produce toxins in a baby's intestines. This can lead to infant botulism, a very serious illness.

Foods to avoid



Salt

Too much salt in a baby's diet can cause damage to their kidneys.

Sugar

Babies don't need sugar in their diet. Too much sugar can cause tooth decay. Mashed banana and other natural sugars can be used if needed to sweeten food.

