



weaning made easy

advice and tips
on weaning



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it's weaning time

When your baby is about six months old, it's time to gradually introduce solid, non-milk foods into your little one's diet. Weaning is a big step for your baby and you'll need to take care to develop a good healthy diet.

This advisory card is full of handy tips to help you create a good well balanced healthy diet for your baby, and overcome some of the common problems that you might face when trying to wean your baby.

what you may need...

food preparation

- mini blender
- food storage bag
- storage pots for freezing

bowls and beakers etc

- beakers x 2
- bowls x 4
- place mat x 1
- soft weaning spoons x 6 and storage case
- bowl with suction pads – to stop older baby throwing dish on the floor

baby items

- highchair
- splash mat
- bibs x 6
- wipe clean bibs x 2
- muslins squares
- face cloths
- wipes for travel
- highchair toy(s)
- booster table seat for travelling with older baby

weaning your baby

what to give your baby

- the amount your baby eats will vary. At around 6 months, two teaspoons once a day is plenty, though your baby may eat much more. By a year, a main meal of a couple of tablespoons of food three times a day is perfectly adequate. Be guided by your baby.
- when babies are old enough for finger foods, encourage them to snack on healthy foods like fruit, cooked carrot sticks and rice cakes.
- aim for five portions of fruit and vegetables a day (raw, canned, frozen and dried fruit and vegetables all count). A portion is the amount a baby can hold in their closed fist.
- used in moderation, jars aren't a bad thing – they're convenient, nutritionally balanced and made without additives and salt. But jar food tends to be extremely smooth and some babies find it hard to move onto lumpier 'normal' food. And it's more satisfying to see your baby grow on food that you've made yourself, using fresh vegetables and fruit.
- you can raise your baby healthily on a vegetarian diet, but you'll need to ensure that they have a wide variety of foods, including beans, peas and lentils, tofu and eggs for protein and iron. Cheese, yogurt and milk are important for calcium.

overcoming common problems

- if your older baby doesn't want to eat, it may be that he or she is drinking too much milk, diluted juice or water. This may lead to a risk of iron deficiency, so try to moderate how much your child drinks in-between or just before mealtimes.
- if your baby doesn't want to eat vegetables, try adding puréed or finely minced vegetables to food they already like, eg carrot mixed with banana. Naturally sweet vegetables (eg sweet potatoes, yams, carrots and parsnips) are often more popular choices.
- if your baby doesn't want to try lumpy food, try increasing the lumpiness very gradually, moving from puréeing to mincing. Offering soft finger foods can help a lump-phobic baby to try new textures.
- keep trying – sometimes you have to offer a new food dozens of times or more until your child will accept it. Always offer a new food with a positive expression/or in a positive way, as it really helps. But don't get into a battle about it – mealtimes should ideally be fun for you and your baby.

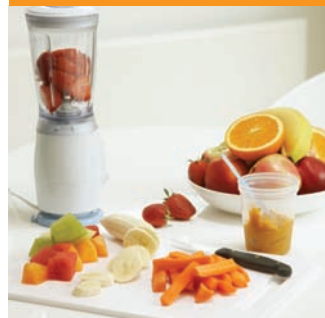
where to find out more

visit www.mothercare.com.au or call 1300 217 700

they'll soon want to feed themselves



aim for five a day



finger foods



mash food at first

