



# Weaning Policy and Guidance

A PLACE WHERE LITTLE ONES CAN SAFELY FLOURISH



**As part of our weaning support, an individual weaning booklet will be provided and at the end of each week, parents and the key person will sign to show the information has been shared. It will also contain a feedback area, where parents and key person can note progress, what baby enjoyed and any other useful information.**

**We follow the Department of Health guidance and will not introduce solid foods to infants until they are 6 months old and showing the following signs of being ready;**

- Baby has good neck control and can hold their head up.
- Baby sits well when supported – not necessarily be able to sit in a high chair but must be able to keep themselves in an upright position when held on a lap.
- Baby is gaining weight well. (Health visitors often like to check that baby has doubled their birthweight – a milestone that usually occurs around 6 months).
- Baby is showing signs that they have lost the early baby reflex called tongue-thrust. (This is an instinctive reflex to protect babies from choking which starts to disappear between 4 – 6 months).
- Baby reaches out to grab objects and can put them into their mouth.

At 6 months, babies should continue to breastfeed on demand. If a baby is bottle-fed, he should have 4-5 feeds with a total of 500-600ml (17-20oz) of infant formula in a 24-hour period. Boiled, cooled water will be given from a lidded cup to quench thirst.

Rather than using baby rice, we recommend blitzing plain porridge oats in a blender, and making the porridge up with breastmilk or formula. This also allows for the consistency of the porridge to be adjusted as the baby grows, and puree can be added to taste as baby progresses through their weaning journey.

## Week 1 – spoon feeding

	Mon	Tues	Wed	Thurs	Fri
<b>Breakfast</b>	Milk feed	Milk feed	Milk feed	Milk feed	Milk feed
<b>Mid-morning</b>	Milk feed	Milk feed	Milk feed	Milk feed	Milk feed
<b>Lunch - baby rice to be mixed with usual milk feed</b>	3 tspn porridge – rest of milk feed	3 tspn porridge	3 tspn porridge	3 tspn porridge	3 tspn porridge
<b>Mid-afternoon</b>	Milk feed	Milk feed	Milk feed	Milk feed	Milk feed
<b>Teatime</b>	Milk feed	Milk feed	Milk feed	Milk feed	Milk feed
<b>Bedtime</b>	Milk feed	Milk feed	Milk feed	Milk feed	Milk feed

## Week 2

	Mon	Tues	Wed	Thurs	Fri
<b>Breakfast</b>	Usual milk	Usual milk	Usual milk	Usual milk	Usual milk
<b>Mid-morning</b>	Usual milk	Usual milk	Usual milk	Usual milk	Usual milk
<b>Lunch - puree followed by remainder of milk feed</b>	Apple puree	Carrot puree	Pear puree	Sweet potato puree	Apple puree
<b>Mid-afternoon</b>	Usual milk	Usual milk	Usual milk	Usual milk	Usual milk
<b>Teatime</b>	Usual milk	Usual milk	Usual milk	Usual milk	Usual milk
<b>Bedtime</b>	Usual milk	Usual milk	Usual milk	Usual milk	Usual milk

## Week 3

	Mon	Tues	Wed	Thurs	Fri
<b>Breakfast</b>	Sip of water, mashed banana or porridge, followed by milk feed	Usual Milk	Usual Milk	Usual Milk	Usual Milk
<b>Mid-morning</b>	Usual milk	Usual milk	Usual milk	Usual milk	Usual milk
<b>Lunch - puree followed by remainder of milk feed</b>	Apple puree	Carrot puree	Pear puree	Sweet potato puree	Apple puree
<b>Mid-afternoon</b>	Usual milk	Usual milk	Usual milk	Usual milk	Usual milk
<b>Teatime</b>	Usual milk	Usual milk	Usual milk	Usual milk	Usual milk
<b>Bedtime</b>	Usual milk	Usual milk	Usual milk	Usual milk	Usual milk

# Best routines at 6 months – for all types of weaning

**Remember, all babies are individual so try to adopt a feeding routine to suit baby. The key person must liaise with the chef and ensure a range of appropriate weaning foods are ready each day. Chef's can batch make first foods and freeze in ice cube trays, defrosting every day ready for re-heating and using.**

## Routine for babies spoon feeding.

### Week 1

**On waking:** Breast or infant formula milk (around 4oz)

**Mid-morning:** Breast or infant formula milk (around 4oz)

**Lunchtime:** Porridge or single fruit/veg puree

**Mid-afternoon:** Breast or infant formula milk (around 4oz)

**Teatime:** Breast or infant formula milk (around 4oz)

**Bedtime:** Breast or infant formula milk (around 4oz)

### Weeks 2-3

**On waking:** Breast or infant formula milk (around 4oz)

**Mid-morning:** Breast or infant formula milk (around 4oz)

**Lunchtime:** Fruit/veg puree

**Mid-afternoon:** Breast or infant formula milk (around 4oz)

**Teatime:** Baby rice or single fruit/veg puree, breast or infant formula milk (around 4oz)

**Bedtime:** Breast or infant formula milk (around 4oz)

### Week 4

**On waking:** Breast or infant formula milk (around 4oz)

**Breakfast:** Porridge

**Mid-morning:** Breast or infant formula milk (around 4oz)

**Lunchtime:** Fruit/veg/meat puree

**Mid-afternoon:** Breast or infant formula milk (around 4oz)

**Teatime:** Fruit/veg puree, breast or infant formula milk (around 4oz)

**Bedtime:** Breast or infant formula milk (around 4oz)

# Routine for those babies spoon feeding mixed with baby led weaning

## Weeks 1-2

**On waking:** Breast or infant formula milk (around 4oz)

**Mid-morning:** Breast or infant formula milk (around 4oz)

**Lunchtime:** Porridge or single fruit/veg puree, 2-3 pieces of finger food such as soft fruit or veg

**Mid-afternoon:** Breast or infant formula milk (around 4oz)

**Teatime:** Breast or infant formula milk (around 4oz)

**Bedtime:** Breast or infant formula milk (around 4oz)

## Weeks 2-3

**On waking:** Breast or infant formula milk (around 4oz)

**Breakfast:** Porridge, toast fingers

**Mid-morning:** Breast or infant formula milk (around 4oz)

**Lunchtime:** Fruit/veg puree, finger food such as bread or soft fruit

**Mid-afternoon:** Breast or infant formula milk (around 4oz)

**Teatime:** Involve baby in your mealtime by offering finger foods such as well-cooked pasta and veg sticks; breast or infant formula milk (around 4oz)

**Bedtime:** Breast or infant formula milk (around 4oz)

## Week 4

**On waking:** Breast or infant formula milk (around 4oz)

**Breakfast:** Porridge, toast fingers

**Mid-morning:** Breast or infant formula milk (around 4oz)

**Lunchtime:** Fruit/veg/meat puree, finger food such as bread and cheese

**Mid-afternoon:** Breast or infant formula milk (around 4oz)

**Teatime:** Fruit/veg puree, breast or infant formula milk (around 4oz)

**Bedtime:** Breast or infant formula milk (around 4oz)

# Routine for baby led weaning

**With baby led weaning, the family-eating patterns are followed and baby decides if and when he wants to join in**

## Weeks 1-2

**On waking:** Breast or infant formula milk (around 4oz)

**Breakfast:** Breast or infant formula milk (around 4oz); involve baby in your mealtime by offering finger foods such as toast fingers and soft peeled fruits to play with

**Mid-morning:** Breast or infant formula milk (around 4oz)

**Lunchtime:** Involve baby in your mealtime by offering finger foods such as breadsticks and soft peeled cucumber batons

**Mid-afternoon:** Breast or infant formula milk (around 4oz)

**Teatime:** Involve baby in your mealtime by offering finger foods such as well-cooked pasta and vegetable fingers

**Bedtime:** Breast or infant milk (around 4oz)

## Weeks 3-4

**On waking:** Breast or infant formula milk (around 4oz)

**Breakfast:** Involve baby in your mealtime offering finger foods such as soft, peeled fruit or toast fingers, with a cup of baby's usual milk (around 4oz)

**Mid-morning:** Breast or infant formula milk (around 4oz)

**Lunchtime:** Involve baby in your mealtime by offering finger foods such as sticks of cheese, pieces of bread, pieces of soft fruit

**Mid-afternoon:** Breast or infant formula milk (around 4oz)

**Teatime:** Involve baby in your mealtime offering finger foods such as cooked vegetables, cooked chicken and potato fingers, with a small cup of water

**Bedtime:** Breast or infant formula milk (around 4oz)



## 5 great foods to introduce at 6 months for baby led weaning

- Pear (cooked or very ripe and soft)
- Cooked apple
- Carrot
- Cooked sweet potato
- Banana

## Baby led weaning safety note

Certain foods can pose a serious choking risk. Grapes should be sliced in half lengthways NOT horizontally. Harder fruits and vegetables such as apple or carrot should be steamed lightly and sliced into fingers, rather than chunks.

## How much food does a six-month-old need?

At first, baby will still get most of their energy and nutrient needs from milk. So just offer one or two teaspoons to get baby used to tasting and swallowing more solid textures. It's all about exploring and learning at this stage – don't worry about getting them to eat specific amounts.

## Go at their pace – even if it's really slow.

When baby is eating more than just a few teaspoons of food they can be offered cooled boiled water from a cup with a free flow lid. This is so that baby doesn't have to suck, and learns to drink properly. By the age of one year babies can be having drinks from an un-lidded cup.

## Keeping things clean

Always wash your hands thoroughly with soap and hot water before preparing baby food.

Wash all the equipment you use, like bowls, spoons, chopping boards using washing up liquid and very hot water, and sterilise them until baby is at least one year old.

## Storing food

It's fine to pop food which hasn't been served up back in the fridge for another 24 hours – just make sure the container is clean and covered.

Food which has been served up must be thrown away. The spoon will have transferred bacteria from baby's mouth into the food, meaning it goes off more quickly.

## Cooking and reheating baby food

- Heat well – make sure you heat baby food until it is piping hot, then leave it to cool
- Thaw properly – thaw frozen foods completely, then heat them till piping hot
- Microwave with care – stir thoroughly when you take food out to even out any hot and cooler spots. Then leave it to stand for a minute or two, so the heat spreads out evenly.
- Check – always check the temperature of the food before feeding it to your baby

## How to start weaning

Weaning is a hugely exciting time for babies as they try new tastes and textures. And at first, it's all about fun, learning and experimentation. Here's how to get weaning off to a good, relaxed start...

Babies push food around their mouth, push it out by mistake, push away the spoon and sometimes grab for more.

You, baby and the floor get sprayed in mashed fruit – and not much food goes down. But that's fine, because you're only just getting started.

### Choose the right time of day for weaning

Baby won't be in the mood for food if they're sleepy. Choose a time of day when they're awake and alert, but not distracted. And make sure you've got plenty of time –don't rush. The ideal time to try new foods is lunch time, so any potential tummy discomfort happens during the day, rather than at night time.

You can also try finger foods, like soft fruit or avocado that the baby can pick up. Cut pieces to about the size of your little finger, so your baby can hold them. Just make sure you don't give whole, round foods like grapes or cherry tomatoes that your baby can choke on. These must be sliced lengthways before serving.

### Offer a very small taste

Start off with a few teaspoons of food – just a little bit of solid food on a spoon or on the end of a clean finger is enough. Make sure the food is cool enough – test it before you offer it to baby.

Milk is still your baby's main source of nutrition + they need at least 500 ml (17 fl oz) of breastmilk or formula every day.

At 6 months little ones might eat 1–2 ice cubes size portions of food at each meal. Remember, babies tummies are still tiny (about the size of a baby's clenched fist).

Purees should be super-smooth with no bits and that have the consistency of double cream.

### After the first 2 weeks

Now that baby has started to learn about food and tastes, the chef will begin to combine different flavours.

At 6 months, babies are ready for certain dairy foods, such as full-fat yoghurt. These provide calcium for growing bones.

Dairy + pulses such as lentils, are also a good source of first protein – they're easy on tiny tummies. Wheat-based foods, like pastas + cereals can also be explored.

### Vitamins for babies

It's recommended that babies from birth to 1 year of age are given a daily supplement containing 8.5 to 10 micrograms (µg) of vitamin D, whether or not you are taking a supplement containing vitamin D yourself.

Babies who are fed infant formula don't need a vitamin D supplement if they're having 500ml (about a pint) or more of formula a day. This is because formula is already fortified with vitamin D.



**[thenurseryfamily.co.uk](https://thenurseryfamily.co.uk)**

