

Weaning, When, How and What?

At Sherwood Green Nursery we will follow your example. It is therefore important that there is constant communication between parents and carers and the staff. If your child is on smooth blended food then this should be communicated with the staff who can also share this information with the kitchen. This information will be asked for in your starter packs. We provide the same menu for children who are beginning weaning as those who are fully weaned. It is a balanced and healthy menu which is displayed in the main reception. The kitchen blends meals to the desired consistency.

When to start weaning:

- You should start weaning your child at around six months, as well as continuing with breast milk or formula. As the baby eats more solid foods, they will want less milk.

Try giving your baby solids when:

- They can sit up.
- They want to chew, and are putting toys and other objects in their mouths.
- They can reach and grab accurately.

How to start weaning:

- Introduce small amounts of pureed fruits and vegetables and gradually build up to larger amounts of more solid food.
- Use a little of your usual milk to mix the food to the desired consistency.
- Allow plenty of time to go at your child's own pace.
- Avoid introducing solid foods when your baby is very hungry or tired.
- As soon as they show an interest in doing so, allow them to feed themselves using their fingers.
- Give your baby a range of foods and textures to taste.
- Do not force feed your baby. If they do not want it, wait, and try again later.
- If you are using a spoon, wait for your baby to open their mouth when the food is offered.
- Let your baby touch the food in the dish or on the spoon.

What to start weaning with:

- Cereals such as baby rice mixed with milk.
- Mashed cooked vegetables such as potato, parsnip, yam or carrot.
- Mashed banana or cooked fruit.
- Small pieces of soft fruit.

Once your baby is used to these you should add other foods such as:

- Pureed or mashed meat and fish.
- Mashed rice, noodles or pasta.
- Lentils or pulses.
- Full fat dairy products such as yoghurt, fromage frais or custard.



Offer your baby finger foods from the start, some babies prefer food they can hold to mashed foods. Finger foods provide chewing practise and encourage babies to feed themselves.

Coping with fussy eaters:

- Praise your baby when they eat well.
- Do not worry if they won't eat certain foods, leave them and try that food again at a later stage.
- Set a good example; let your baby see you eating and enjoying food.
- Do not worry if your child does not eat much in one day, what they eat over the course of a week is more important.

Weaning

5 – 6 Months	6 – 8 months
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<p><u>Try:</u></p> <ul style="list-style-type: none"> • Pureed Fruit • Pureed Vegetables • Thin Porridge <p><u>How:</u></p> <ul style="list-style-type: none"> • On a clean finger tip or plastic spoon. <p><u>When:</u></p> <ul style="list-style-type: none"> • Just a taste at first, during or after a milk feed. <p><u>Not Yet:</u></p> <ul style="list-style-type: none"> • Cow's Milk • Citrus Fruits • Wheat • Spices • Spinach, Swede, Turnip • Eggs • Nuts • Fatty Foods • Honey 	<p><u>Try:</u></p> <ul style="list-style-type: none"> • Purred Fruits and Veg. • Pureed meats such as chicken, fish and liver. • Wheat based foods. • Egg Yolk (hard boiled) • Ripe banana pieces. • Cooked rice. • Citrus Fruits. • Pieces of bread. <p><u>How:</u></p> <ul style="list-style-type: none"> • On a teaspoon. <p><u>When:</u></p> <ul style="list-style-type: none"> • After a milk feed. <p><u>Not Yet:</u></p> <ul style="list-style-type: none"> • Cow's Milk • Hot spices • Egg Whites • Nuts • Salt or Sugar • Fatty foods • Honey
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This policy was adopted on	Signed on behalf of the nursery	Date for review
<i>September 2022</i>	<i>Emilia Olkowska</i>	<i>September 2023</i>