



Baby's First Foods



KEEP MEALTIMES ENJOYABLE

START OFFERING SOLID FOODS WHEN YOUR BABY IS AROUND 6 MONTHS OLD. WHEN THEY CAN SIT UPRIGHT & PICK UP PIECES OF FOOD.

CONTINUE TO BREASTFEED (IF NOT, USE 1ST STAGE FORMULA) THIS IS STILL THE MOST IMPORTANT SOURCE OF NUTRITION UNTIL YOUR BABY IS A YEAR OLD. YOUR BABY WILL CUT DOWN WHEN THEY'RE READY.

SHARE HEALTHY, UNPROCESSED FAMILY MEALS WITH YOUR BABY **(NO SALT OR SUGAR WHEN COOKING)**

OFFER DIFFERENT TASTES & TEXTURES INCLUDE MEAT, EGGS, VEGETABLES, FRUIT & STARCHY FOODS.

DON'T EXPECT YOUR BABY TO EAT VERY MUCH. **BABIES HAVE SMALL TUMMIES.**

AVOID PROCESSED FOODS, INCLUDING FAST FOOD, READY MEALS, SWEETENERS, SALT OR SUGAR.

OFFER WATER TO DRINK UNTIL YOUR BABY IS OVER A YEAR OLD. CONTINUE BREASTFEEDING FOR AS LONG AS YOU WISH.



For help and advice **contact the Baby Feeding team** 07961 609 626 or speak to your **Health Visitor**