

# STARTING YOUR BABY ON SOLID FOODS

Before 6 months, all your baby needs is breast milk or formula milk.

After 6 months of age, you can feed your baby soft, solid foods, including:

- Soft, cooked vegetables/ fruit eg: parsnip, potato, Banana
- Soft cooked meat like chicken or mashed fish
- Pasta, noodles, lentils, rice
- Yoghurt

Useful links:

[www.nhs.uk/weaning](http://www.nhs.uk/weaning)

<https://www.firststepsnutrition.org/>



## DON'T:

Feed your baby hard foods that can cause choking:

- Small round foods
- Food with bones
- Foods with skin; sausages
- Whole nuts
- Honey (until 1 year of age)

<https://www.nhs.uk/video/Pages/my-young-child-is-choking-what-should-i-do.aspx>



Biscuits, rusks, baby rice or added salt/sugar has NO nutritional value

**NEVER leave your baby alone with food.**



Ensure that your baby is sitting up straight and well supported

Introduce new foods one at a time

Let your baby lead the way ie: holding food, opening their mouth

To view our presentation go to:

[https://www.elht.nhs.uk/application/files/2715/4056/6855/Moving\\_onto\\_solid\\_foods.pdf](https://www.elht.nhs.uk/application/files/2715/4056/6855/Moving_onto_solid_foods.pdf)

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