Feeding your baby 6-12 months

A guide for parents and carers



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BRISTOL CITY COUNCIL

When to start introducing solid foods?

At around 6 months babies are ready to move onto solids. Starting solid food is all about experimentation and is an enjoyable stage for you and your baby.

Prior to this age, a baby's digestive system and kidneys are still developing and weaning too soon may increase the risk of infections or allergies.

Delaying the introduction of solid foods beyond six months of age increases the risk of nutrient and energy deficiencies.

The signs to look out for, at about six months are that your baby:

- **Wants to chew and is practising with toys or other objects**
- **Can sit up**
- **Can reach out and grab things**

If your baby is ready this leaflet has been developed to support you with weaning your baby onto solid foods.

What equipment will be useful?



Bowl and spoon



Bibs



Containers



Mashers



Blender

Handling and preparing food

- Always wash and dry your hands well before preparing food
- Keep surfaces clean where food is prepared or eaten
- Thoroughly wash and dry all equipment used in hot soapy water



Seating

Babies should be seated to eat in a supported chair or if they can't sit independently on the floor with their legs straight out in front of them. This will enable them to hold a sitting position so they can explore foods and reduce the risk of them choking.









Remember to always stay with your baby whilst they are eating and to face them when you are helping them to eat

Foods to offer

A range of foods from the following four food groups should be offered over the day:

- Potatoes and cereal based foods including bread, rice, couscous, pasta, porridge and other breakfast cereals
- Meat, fish, well-cooked eggs, pulses (peas, beans and lentils) and vegetables
- Fruits and vegetables
- Milk products such as yogurt, cheese, custard and milk puddings









Foods to avoid:

- Honey should not be given before 12 months of age as it may cause botulism
- Shark, swordfish and marlin should be avoided as they have high mercury content
- Avoid unpasteurised dairy products as they may cause food poisoning
- Ensure any eggs, meat, fish and shellfish given to babies are well cooked

Ready to get started:

- Choose a time to start during the day that is convenient for your baby
- Baby should be wide-awake and not too hungry



- Aim for 3 meals per day
- Offer a snack mid-morning and mid-afternoon
- Include a mix of spoon and finger foods this will ensure a wide variety of tastes and textures
- Encourage babies to feed themselves

Introducing solid foods is an important step in your baby's development and it can be great fun.

Skills to learn

- Taking food from a spoon
- Moving food from the front to the back for swallowing
- Self-feeding using their hands and then a spoon
- Learning to chew
- Sipping from a cup

Turnover the page for lots of ideas for food to offer at meal and snack times. The foods suggested include a range of flavours and textures, to taste and explore to give them a healthy start in life.

The size of the bowl used in the photographs over the page in shown below.







Meal ideas

Breakfast


Bisk wheats with milk


Kiwi


Scrambled egg


Toast


Puffed rice with milk


Peach


Porridge with milk


Melon


Baked beans


Toast


Eggy bread


Apricot Puree


Pancakes


Banana

Meal ideas

Snack mid-morning/mid-afternoon

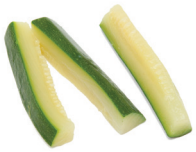

Breadsticks


Sweet potato


Butternut Squash


Pears


Toast


Courgette


Rice cakes


Chapatti


Carrot


Red pepper


Kiwi


Cucumber


Avocado


Pitta

Meal ideas

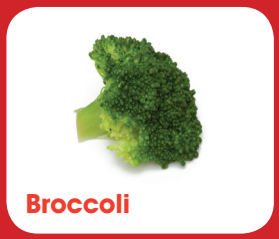
Lunch


Chicken curry


Yam


Yoghurt and apricot


Cottage pie


Broccoli


Yoghurt and mango


Lamb tagine


Pitta


Banana and avocado


Chickpea curry


Naan bread


Custard and fruit swirl


Bolognaise


Pasta

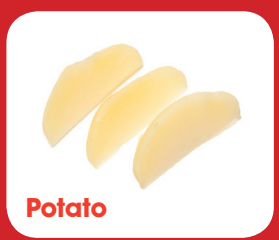

Rice pudding and raspberry


Lentil dhal


Chapatti


Rice pudding and mango


Fish bake


Potato


Chocolate custard

Meal ideas

Tea


Macaroni cheese


Mixed vegetables


Fruit crumble and custard


Baked beans and jacket potato


Cheese


Fruit sponge and custard


Spanish omelette


Baked beans


Peaches tinned in juice


Salmon and pea mash


Courgette


Melon


Cheese and tomato pizza roll


Cucumber


Kiwi


Tuna and sweetcorn jacket potato


Green beans


Yoghurt and fruit swirl


Butternut squash risotto


Cauliflower


Fruit jelly