1



2



3



4



5



6



Weaning Teaching Pack



Preparing carrot

1



2



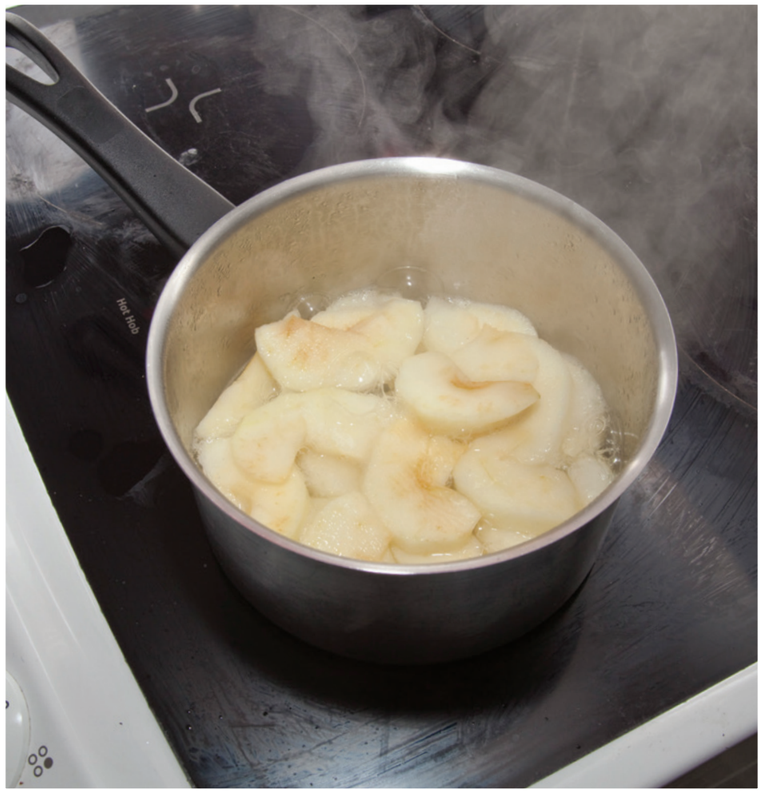
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4



5



6



Weaning Teaching Pack



Preparing apple



WELCOME

YOU ARE WELCOME TO BREASTFEED HERE

BRISTOL
BREASTFEEDING

IF YOU WISH TO HAVE SOMEWHERE PRIVATE PLEASE ASK A MEMBER OF STAFF

BREASTFEEDING WELCOME

Helping more mothers to breastfeed for longer

Safe Storage of expressed breast milk

Express into a sterile container if baby is under 6 months

For healthy term babies it can be stored:

- At room temperature for up to 6 hours
- At the back of the fridge (not the door) for up to 5 days at 0° - 4°
- For up to 6 months in a freezer (-18°) or for 2 weeks in the ice compartment of a fridge

National Breastfeeding Helpline
0300 100 0212





Weaning Teaching Pack

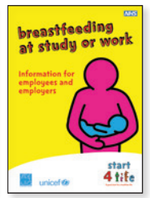


Key Points

- Breast milk or formula milk continue to be an important part of an infant's nutritional intake
- Milk feeds will naturally decrease as the quantity of solid food increases
- Continuing to breastfeed helps to keep the close relationship you've built up with your baby
- You could express breast milk (by hand or pump)
- Store expressed breast milk according to guidance
- When Breastfeeding in public places the Equality Act 2010 makes it clear that it's against the law for a woman to get less favourable treatment because she is breastfeeding
- Look out for the Breastfeeding Welcome stickers

Resources:





Cleaning and sterilising feeding equipment









Preparing a powdered formula feed









Weaning Teaching Pack

Cleaning and sterilising feeding equipment:

- Clean bottles and teats in hot soapy water as soon as possible after a feed using a clean bottle brush, then rinse the bottles, teats and lids in clean, cold running water before sterilising

- There are several ways in which you can sterilise your baby's feeding equipment, follow manufacturer's instructions for your sterilising equipment



Preparing a powdered formula feed:

- Fill kettle with water from cold tap, boil then leave to cool for no more than 30 minutes so it remains at least 70°C

- Remember to wash your hands well with soap and water before preparing feed

- Stand a freshly sterilised bottle on a clean surface and pour in required amount of boiled water

- Loosely fill the scoop with formula, levelling it off using leveller provided or flat edge of a clean, dry knife – adding the correct number for the volume

- Put sterilised teat, retaining ring and lid onto bottle securely and shake the bottle until all powder is dissolved

- Cool the bottle with the cap on under cold running water - keep the bottle moving to ensure even cooling, remembering to test the temperature of formula on the inside of your wrist before giving it to your baby

Resources:



Drinks to avoid



Caffeine

Sugary fruit drink

Weaning Teaching Pack

Key Points

- Avoid all soft drinks such as squashes, fizzy drinks, energy drinks, and flavoured waters regardless of whether they say ‘sugar free’, ‘no added sugar’ or ‘reduced sugar’ as they can contribute to tooth damage and provide little nutritional value
- Avoid tea, coffee, cola or any other drinks with added caffeine they are not recommended for young children as caffeine is a stimulant and can disturb sleep
- Tea and coffee also contain tannins and which can interfere with iron

Guidelines for Sugar (per 100g)

What is Low per 100g?	5g or less
What is Medium per 100g?	5-15g or less
What is High?	More than 15g



Foods high in salt







Weaning Teaching Pack

Key Points

- The guideline for salt for babies is less than 1g (0.4g sodium) a day from 0-12 months
- Salt should not be added to food or at the table - herbs and spices can be used to flavour food
- Salty foods such as crisps, salty snacks and gravy granules are not recommended
- If using tinned foods choose ones without added salt

Guidelines for Salt (per 100g)

What is Low per 100g?	0.3g or less
What is Medium per 100g?	0.3-1.5g or less
What is High?	More than 1.5g



Introducing a cup

From 6 months introduce cup









Drinks

Offer milk or water to drink







Weaning Teaching Pack

Key Points

- Water and milk are the safest drinks to offer between meals as they do not cause tooth erosion or increase the risk of dental decay
- Drinks should be offered in open cups or if using a lidded cup it should be a free-flowing one
- Valved cups should be discouraged



Baby foods


Baby
RICE
Chocloate
Pudding
rawberry
udding


Beef Bolognses
Cheese & Tomato

Weaning Teaching Pack

Key Points

- Homemade foods are best with no added sugar or salt and it's a lot cheaper!
- Ready prepared baby foods are available and can be handy to use occasionally
- Even if the label says from 4 months, research shows that babies are not usually ready for solid foods until around 6 months



Foods to avoid





Weaning Teaching Pack

Key Points

- Honey should not be given before 12 months of age as it may cause botulism
- Whole nuts
- 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 is well cooked



Seating









Weaning Teaching Pack

Key Points

- Babies should be seated to eat in a supported chair or on the floor with their legs straight out in front of them – this will enable them to hold a sitting position so they can feed themselves, reducing the risk of them choking
- Remember to always stay with your baby whilst they are eating and to face them when helping to feed
- Whenever you can eat with your baby - they will enjoy being part of family meal times



Homemade verses ready-made foods for babies

Breakfast



Snack



Lunch



Afternoon Snack



Tea





Homemade

Bought Food

Weaning Teaching Pack

Key Points

- Homemade foods are best as they are cheaper, tastier and you can adapt them for your baby
- Ready prepared foods are available and can be handy to use occasionally



Homemade verses ready-made foods for babies

Brushing teeth





If you cannot find a dentist call NHS England on 0300 311 2233

Guidelines for Fluoride

1,000 PPM (parts per million)

Weaning Teaching Pack



Key Points

Brushing the teeth of children under the age of 3 years:

- Brush your child's teeth and gums twice a day
- Brushing teeth should start when solid foods are introduced or sooner if the first tooth appears earlier
- Use a toothpaste containing no less than 1000ppm fluoride and apply a smear of paste (a thin film covering no less than three-quarters of the brush)
- Once brushing is completed wipe away the froth with a cloth until spitting can be encouraged
- Do not rinse
- Never allow toothpaste to be eaten or licked from the tube
- For maximum control of caries use a toothpaste containing 1,350–1,500ppm fluoride, but the advice above must be followed