



# WEANING CHEATSHEET

Your quick guide to introducing food to your baby

## SIGNS OF READINESS

- 6 months (26 weeks) old
- Can sit up well
- Has good hand eye coordination
- Has no tongue thrust reflex

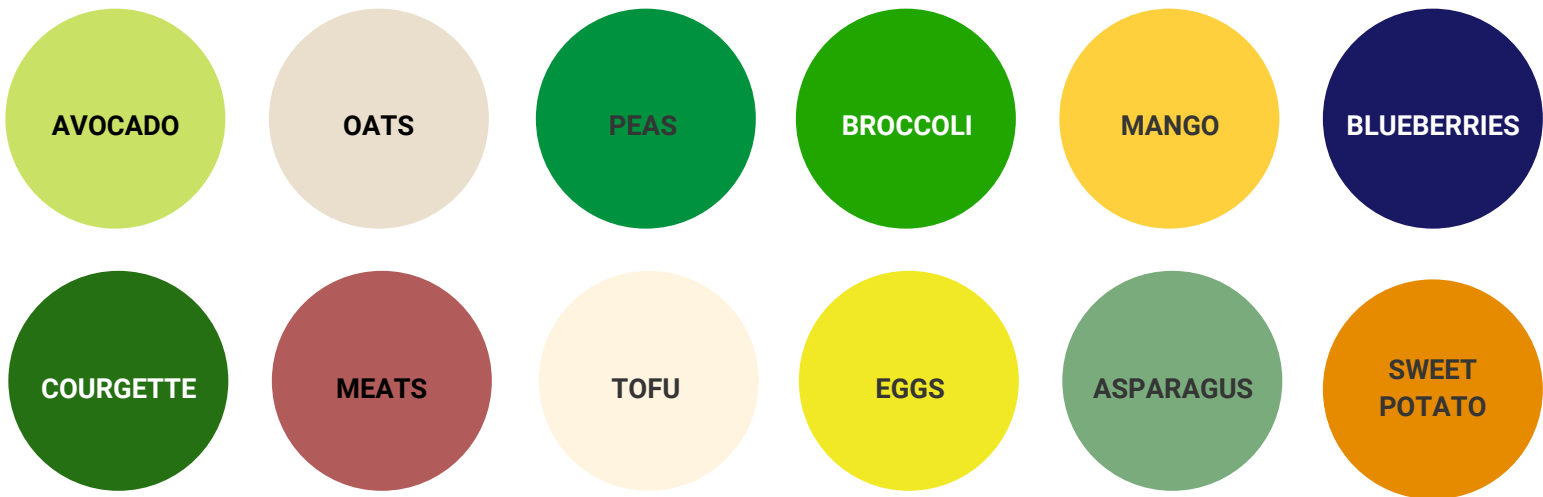
## EQUIPMENT

- Highchair
- Free flowing cup
- Bowl / plate
- Suitable cutlery

## PUREE OR BLW

Whatever works best for you!  
 Many parents find BLW easier.  
 Others prefer to offer purees.  
 The most important thing is to avoid overfeeding.

## GREAT FIRST FOODS



## FOODS THAT NEED CUTTING

- Grapes (in quarters lengthways)
- Apples (chunks)
- Nuts (crushed into powder)

## FOODS TO AVOID

- Honey
- E102, E104, E110, E122, E211, or E219
- Low fat & low sugar options
- Very high fibre foods
- Known allergens
- Ultraprocessed foods

## SALT & SUGAR GUIDELINES

Babies do not need salt or sugar added to their food. Less than 1g salt a day is recommended.

## PORTION SIZES

The size of the palm of your child's hand is a good guide. Start small, increasing portion sizes with age.

## A RHYME TO REMEMBER

**LOUD AND RED**

**LET THEM GO AHEAD**

**QUIET AND BLUE**

**THEY NEED HELP FROM YOU**

## ALLERGIES

### Common Allergens

COWS MILK	GLUTEN
EGGS	LUPIN
NUTS	MOLLUSCS
SOYA	SESAME
CELERY	SULPHITES
SHELLFISH	MUSTARD
FISH	PEANUTS

### Treatment for minor allergic reactions

**CALL 111**  
**ORAL ANTIHISTAMINES**  
**STOP GIVING THE FOOD**  
**SEE GP TO REFER TO DIETICIAN**

### Treatment for severe allergic reactions

**SWELLING TO THE FACE, LIPS OR MOUTH**  
**ATTEND IMMEDIATELY AT A&E**  
**IF BABY HAS OTHER SWELLINGS OR RASHES THEY SHOULD ALSO SEEK MEDICAL ADVICE**  
**IF BABY STOPS BREATHING - CALL 999**