

# The first four weeks of weaning

This chart is just an approximate guide – go at your baby's own pace. A food rejected one day may be eaten another, so keep trying!

**HiPP**  
organic



## WHAT IS GLUTEN?

Gluten is just a protein to which young babies may be sensitive. It is found in wheat, oats, rye and barley. AVOID these cereals, or foods containing these cereals (e.g. pasta, bread, wheat breakfast cereals, rusks), until your baby is 6 months. All ready-made baby foods give information on the pack about when they can be given & whether they contain gluten.

## BREAST IS BEST

Breastfeeding is best for babies. It is important that you eat a healthy, well-balanced diet if you are breastfeeding your baby. The Department of Health recommends exclusive breastfeeding until 6 months. Some babies may need to start weaning before this age, but no solids should be given before 4 months (17 weeks) as this could be harmful. You can continue to breastfeed even when weaning begins - once you stop, it's difficult to start again. Partial bottle-feeding with a formula milk may reduce the supply of your breast milk. For good advice on breastfeeding and weaning, based on your baby's specific growth and developmental needs, we suggest you talk to your health visitor or other health professional.



## Week One

### DAY 1 and DAY 2

Usual milk feeds. After ONE of the feeds, offer the tip of a spoonful of solids (see below for choices)

### DAY 3 and DAY 4

Usual milk feeds. After ONE of the feeds, offer 1-2 teaspoons of solids

### DAY 5 and DAY 6

Usual milk feeds. After ONE feed, offer 2-4 teaspoons of solids

### DAY 7

Usual milk feeds. After ONE feed, offer 2-5 teaspoons of solids

## Week Two

### ALL USUAL MILK FEEDS - PLUS SOLIDS AT TWO FEEDS PER DAY

#### Breakfast

Breast/bottle plus 2-5 teaspoons of solids (see below)

#### Lunch or tea

Breast/bottle plus 2-5 teaspoons of solids (see below)

Introduce one taste at a time in the early stages of weaning.

## Week Three

### ALL USUAL MILK FEEDS - PLUS SOLIDS AT TWO MEALS PER DAY

#### Breakfast

Breast/bottle plus 5-10 teaspoons of solids

#### Lunch or tea

Breast/bottle plus 5-10 teaspoons of solids

(Don't worry if your baby's not keen on any new tastes - try again at a later date. It can take 10-15 attempts to get babies to accept new tastes, but it's important to persevere).

## Week four

### ALL USUAL MILK FEEDS - PLUS SOLIDS AT THREE MEALS PER DAY

#### Breakfast

Breast/bottle plus 5-10 teaspoons of solids

#### Lunch

Breast/bottle plus 5-10 teaspoons of solids

#### Tea

Breast/bottle plus 5-10 teaspoons of solids

To prepare your own purees, wash, peel, chop and steam your chosen fruit and vegetables (preferably organic) until soft. Don't overcook and don't add salt or sugar. Then blend them in a sterilised liquidiser. Control texture by adding a little water or breast/formula milk. Allow to cool - test the temperature yourself first! Alternatively, there is a wide selection of foods to choose from in the HiPP Organic range - see below for ideas for each week.

## TIPS ON STARTING WEANING

- Choose a quiet time when your baby is contented
- Start with your baby's usual milk feed
- Sit your baby on your lap or in a reclining chair
- Use a small, shallow plastic spoon
- Spoon a small amount of food into a bowl - less wastage
- Use a bib
- First tastes should be mild and smooth in texture
- There's no hurry as your baby's usual milk still supplies all the nourishment needed

\* Most babies do not need to start weaning until around 6 months. The decision to begin weaning before 6 months of age should be made only on the advice of a doctor, health visitor, public health nurse, dietician or pharmacist, based upon the individual infant's specific growth and development needs.



### HiPP Organic Stage 1 Jars 125g e.g.

- Simply Squash
- Apple & Pear
- William Christ Pears

### HiPP Organic Stage 1 Pouches 70g/100g e.g.

- Bananas & Baby Rice
- Carrots, Cauliflower & Peas



Make all first solid foods smooth and mild.

### HiPP Organic Dried Cereals e.g.

- Baby Rice
- Banana & Peach Breakfast



### HiPP Organic Stage 1 Jars 125g e.g.

- Cheesy Spinach & Potato Bake
- Tasty Vegetable Risotto
- Red Fruit & Apple Compote

### HiPP Organic Fruit Pots 4 x 100g e.g.

- Just Fruit - Apple & Pear
- Just Fruit - Apple, Peach & Mango



### HiPP Organic Stage 1 Pouches 100g e.g.

- Apple, Strawberry & Banana

Make a batch of organic fruit or vegetable puree and freeze it in ice cube trays. Or keep a handy selection of HiPP Organic jars in the cupboard.

## CHOOSE FROM FOODS IN WEEKS 1 & 2, PLUS SUGGESTIONS BELOW

### Breakfasts - HiPP Organic Jars and Dried Cereals

- Banana & Peach Breakfast - Dried

### HiPP Organic Stage 1 Savoury Jars 125g e.g.

- Sweet Squash & Chicken
- Cottage Pie



### HiPP Organic Stage 1 Dessert Jars 125g e.g.

- Banana Rice Breakfast
- Apple & Blueberry

### HiPP Organic Stage 1 Pouches 100g e.g.

- Apple, Pear & Banana
- Plum, Pear & Blackcurrant

Don't worry about how little or much food to give – the quantities given in the table are only a guide. When babies have had enough, they generally turn their heads or refuse to open their mouths.

## CHOOSE FROM FOODS IN WEEKS 1, 2 & 3, PLUS SUGGESTIONS BELOW

### Breakfasts - HiPP Organic Jars, Dried Cereals

- Banana & Peach Breakfast 230g
- Pear & Peach Breakfast



### Lunch or teas - HiPP Organic 125g savoury meals e.g.

- My First Sunday Dinner
- Mixed Vegetable Medley

### Desserts - HiPP Organic 125g Jars e.g.

- Apple & Pear



Introduce as wide a variety of foods as possible so that your baby gets used to lots of different tastes.

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For more information about our complete range of baby foods, visit [www.hipp.co.uk](http://www.hipp.co.uk) or call 0845 050 1351