

Your guide to weaning



All of our recipes are developed alongside **our registered nutritionist Rhiannon Lambert** (aka Rhitrition) to create food that is nutritionally superior. Here you'll find Rhiannon's top 10 weaning tips, the texture you should be aiming for and meal inspiration to help support your baby's weaning journey and get them eating family meals sooner.

Rhiannon's Top 10 Tips

1

Choose a **peaceful time** of day with few disruptions, at a similar time everyday.



2

Aim for a **smooth texture** (almost like milk) when you start weaning to get your baby used to using their tongue to swallow.



3

Think of '**eating the rainbow**'. Research suggests the earlier you start introducing vegetables, the more likely they'll accept them when they get older.



4

Make sure you have **read up** on the signs of gagging and choking in advance.



5

Learn the signs your baby shows you when they are full. Turning their head away, clamping mouth shut and spitting food out are all signs.



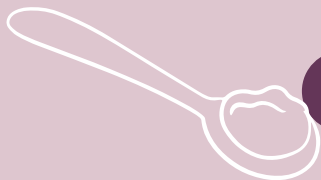
6

Keep calm and **wear a smile** so your baby feels encouraged. Try not to get upset if it isn't going as planned, there's always next time!



7

Be persistent. It can take over 15 times before new foods are accepted, so if they refuse something, try a different texture next time and mix foods before ruling it out.



8

Be a role model. Remember your baby has never touched, smelt or seen anything like it before, so you can instil confidence.



9

The first 1000 days are essential for getting those **nutrients and variety** of flavours in so make sure you are providing a balanced plate each time.



10

Have fun! Your tone and body language can make a big difference to the overall experience and what your baby chooses to eat.



We recommend keeping this leaflet handy while weaning.
This leaflet is 100% recyclable.

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Meal inspiration

Breakfast

Fruit salad for Vitamin C & fibre



Porridge for slow releasing energy

Chopped berries for Vitamin C

Our creamy Greek style yoghurt for a source of calcium

Lunch

Chopped berries for Vitamin C



Veggie fingers for iron & zinc

Veggie couscous for carbs & fibre

Tip: mix in one of our veg purees for added nutrition

Dinner

Tip: mix in one of our high-in-protein meals for flavour & texture



Chopped berries for Vitamin C

Our Super Seed Tubes for protein, iron, zinc & fibre

Meat & potatoes for carbs & protein

Our fruit puree for Vitamin C



Spinach fritters for protein, magnesium & omega 3

Our Smiles for a source of fibre

Texture timeline



Smooth and watery like milk



Mashed foods, still smooth but thicker



Mashed foods with some small soft lumps



Lots of small lumps



family meals

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