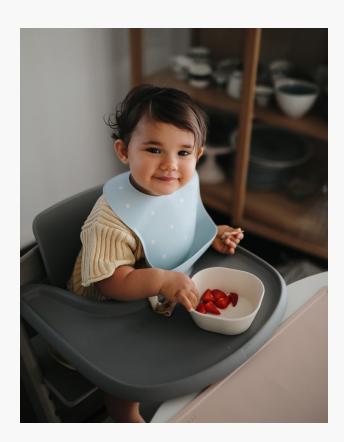




## WHAT IS WEANING?





Weaning is the process of transitioning your little one from a total milk diet to a slow introduction to more solid foods. At the beginning of the weaning journey, milk will still be their main source of nutrients, but gradually their solid food intake will increase.

Whether your little one is a first-time trier or frequent foodie, delighting all of their senses at mealtimes means they'll develop healthier eating habits for the future.





### THE 3 STAGES

### OF WEANING

new taste.

1

The first 1-2 weeks of introducing solid food to a baby's diet. During this introductory period the texture of food offered should progress from a runny (semi-liquid) and absolutely smooth consistency to a slightly thicker purée with no lumps.



The second stage of weaning is the time for everyone to try and start moving towards more solid foods. Introducing new foods can be a surprise for your little one. They may spit it out at first, but don't give up! Remember it can take up to 8 times for a baby to accept a



3

By the third stage of weaning your baby should be eating a good variety of foods with varying tastes and textures from the different groups. By this point, your family will probably be eating the same foods together, so remember not to add any sugar or salt.





### A YUMMY JOURNEY FOR ALL THE SENSES





LOOKS DELICIOUS SMELLS SCRUMMY





SOUNDS LOVELY



TOUCHY FEELY

#### LET'S MAKE IT TOTALLY TASTY





## SIGNS YOUR LITTLE ONE IS READY TO WEAN

The average age to begin weaning is around the 6-month mark. By this age they are at the right stage of development to cope with foods safely. Here are some signs to help you know when your little one is ready:



- ✓ They can hold their head straight up on their own
- ✓ They are showing good hand-eye coordination
- ✓ They can sit up by by themselves

These signs are sometimes said to be indicators your little one is ready to start weaning. However, these are just normal baby behaviours they use to explore their senses and do not mean they are hungry.

- Chewing fists
- ✓ Reaching for other's food
- ✓ Waking in the night
- ✓ Wanting more milk



# YOUR WEANING CHECKLIST



Vegetable peeler
Sharp paring knife
Small saucepan
Steamer
Sieve
Hand blender / food precessor
Potato masher
Steriliser
Ice cube tray
Freezer bag
Labels / market pen
Beakers + cups
Highchair
Long sleeve washable bibs
Tuppawear
Multi-section plate
Placemat
Child friendly cutlery
Bowls





## BABY LED WEANING

#### WHAT IS BABY LED WEANING?



Baby-led weaning is a more relaxed and unstructured approach based on baby being offered solid food for them to feed themselves with no help from an adult or a spoon. The ethos behind baby-led weaning is that you forgo purees, and instead offer your baby a variety of foods which they can pick up and eat themselves – allowing them to decide what, how much, and how quickly to eat.

#### WHAT ARE THE BENEFITS?



Baby-led weaning lets your little one explore a variety of tastes and textures for themselves at their own pace encouraging independence. This way of weaning means baby can join the dinner table and experiment with meals the whole family are having, instead of their own pureed version.



#### QUICK + EASY RECIPES BY BABYMOOV

#### **SALMON, SQUASH + SWEET POTATO CURRY**

6 months + | Using the Nutribaby+

#### **INGREDIENTS:**

#### 2 salmon fillets

1/4 butternut squash (peeled + chopped)

1 sweet potato (peeled + diced)

200g cherry tomatoes

1 onion diced

1 clove of garlic (peeled)

1 coriander

1/2 tsp cinnamon

1/2 tsp turmeric

1/2 tsp garam masala

1/4 tsp chili powder (optional)

1/4 tsp coriander powder 60g rice

50ml water

**METHOD:** 

- Thoroughly rinse the rice and place it into the cooking vessel, along with the water.
- 2 Add the butternut squash and the sweet potato to the first basket and place on top of the cooking vessel.
- 3 Add the tomatoes, onion and garlic to the second basket and stack on top of the first basket.
- Place the salmon fillets in the third basket and set on top of the other two baskets, then pop the lid on top.
- 5 Set timer for 22 mins, remove the salmon after 10 mins, then the tomatoes and onions after 15 mins.
- 6 Once the timer has gone off blend the the butternut squash and sweet potato, tomatoes, onion, garlic, coriander and spices to the blender and blend into a smooth sauce.
- Meanwhile use a fork to flake the cooked salmon.
- Mix in the chunks of butternut squash and sweet potato, serve on a bed of the steamed rice and pop the salmon on top.



#### QUICK + EASY RECIPES BY BABYMOOV

#### POTATO, APPLE, BEET & CHICKPEA PURÉE

6 months + | Using the Nutribaby+

#### **INGREDIENTS:**

#### 150g potatoes

150g cooked beet

130g chickpeas

1 apple

#### **METHOD:**

- 1 Cut potato into cubes, steam for 5 minutes in the Nutribaby+ steamer basket.
- 2 Cut apple and beetroot, add to potato and steam all for 5 minutes.
- 3 Put steamed food in blender and add drained, washed chickpeas.
- A Blend to desired texture add some of the steamer juices from the steamer cooking vessel to control the consistency of your purees + adds back in any lost nutrients from the potato and beet during steaming!





## TIME TO GET WEANING READY



Bugaboo Giraffe Highchair



Liewood Tine Gift Set



Liewood Shea Cutlery Set



Done by Deer Peekaboo Snack Cup



Stokke Tripp Trapp Highchair



Konges Sløjd Fruit Feeding Pacifier



aden + anais Snap Bibs



Liewood Merle Cape Bib



Baby Boosa My 1st Cup



#### SHOP MORE AT:

naturalbabyshower.co.uk

