

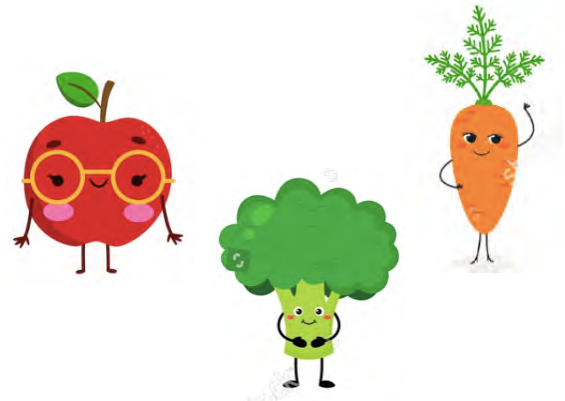
# STARTING SOLIDS - EVERYTHING YOU NEED TO KNOW!

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## When to start weaning?

- You can start giving baby weaning foods (solids/ complimentary feeds) after **4-6 months of age**.
- Make sure your baby has **good neck and back support**.
- Preferably baby should be able to sit up without support in a high chair.
- Baby starts showing interest in what you are eating.



## Your role as parents

To decide the quality of the food. Offer fresh, nutritious and balanced diet. Avoid processed and junk food.

## Baby's privilege

To decide the quantity of food. Kids' tummies are tiny and they actually need much less than we think they need.

## To start

Start with single ingredient foods such as:

### 1. Cereals

- Rice porridge
- Suji
- Dalia
- Oats

### 2. Legumes

- moong dal

### 2. Vegetables

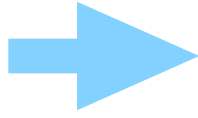
- Carrot puree
- Potato
- Sweet potato
- Beetroot

### 3. Fruits

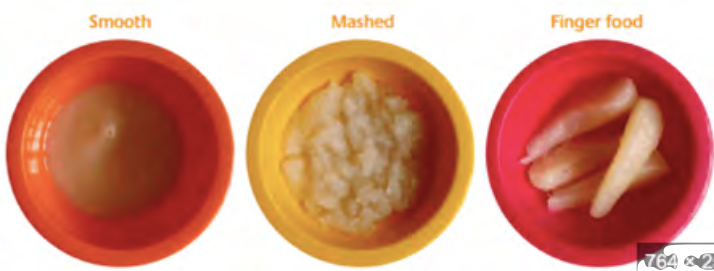
1. Banana
2. Apple puree
3. Mango
4. Papaya



# SOME POINTS TO REMEMBER!!

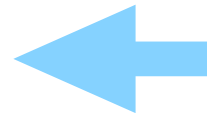


Gradually make the texture coarser such as mashed fruits and vegetables instead of pureed.

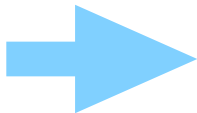
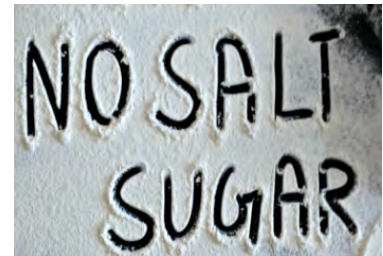


Introduce 1 food item at a time and gradually increase its quantity over 2-3 days and then add the next food item.

Avoid added salt, sugar and honey. Also avoid cow or buffalo milk till 1 year of age.



Instead you can add jeera, cinnamon, cardamom, jaggery, turmeric, kadi patta and garlic!



Repeatedly introduce a food after a gap of 2-3 days even if the child rejects it at first. Try again even upto 15-20 times! But don't force. Food refusal is normal!



Offer few sips of water after every solid meals starting at 6 months.

It takes patience!

**BUT YOU GOT THIS MAMA!!**

# BABY LED WEANING



## DEFINITION

### The Meaning of Baby-Led Weaning

Baby-led weaning (BLW) involves skipping the spoon-fed purées and letting babies feed themselves finger foods when starting solids.

#### FOODS FOR BABY LED WEANING:

Banana, mango, papaya, rice porridge, boiled potato, sweet potato, scrambled egg

