

# **Baby Weaning & Nutrition Guide (6 Months+)**

## **Introduction**

- Why 6 months is the right age to start (WHO + pediatricians)
- Difference between breast/formula feeding vs. weaning
- Goal of weaning: transition from milk-only → solids + milk → family food



**From First Bites  
to Family Meals –  
Simple Steps + Pro Tips**

# Chapter 1: Understanding Weaning

- 1.What is weaning?
- 2.Different approaches:

- Traditional Weaning: Purees, spoon-fed foods
- Baby-Led Weaning (BLW): Self-feeding finger foods
- Mixed Approach: Both puree + finger foods

- 3.Pros & cons of each method
- 4.Which one to choose (depends on baby & parents)

## 🌟 Pro Tips:



- No method is “perfect”
  - choose what suits your baby’s readiness.
- Babies explore food through play
  - messy is normal!

# Chapter 2: Signs Baby is Ready for Weaning

- Sits upright with minimal support
- Loss of tongue-thrust reflex (doesn't push food out)
- Shows interest in food when others are eating
- Can pick up food and bring to mouth



## ★ Pro Tips:

- Don't start before 6 months (risk of choking/allergies).
- Check with pediatrician if baby was premature.

# **Chapter 3: First Stage of Weaning (6–8 Months)**

1. Textures: smooth purees → semi-solid
2. First foods (Indian + global options):
  - Rice cereal, dal water, mashed banana, apple puree, ragi porridge
3. Feeding schedule: 2 meals/day + breastmilk/formula
4. How to offer water in a sippy cup



## **★ Pro Tips:**

- Introduce one food at a time (3-day rule for allergies).
- Don't add salt, sugar, or honey.
- Quantity doesn't matter—exposure matters.

## **Chapter 4: Second Stage of Weaning (8–10 Months)**

- New textures: mashed, lumpy foods
- Finger foods: soft steamed veggies, fruit strips, idli pieces, avocado cubes
- Introducing protein: lentils, paneer, chicken, eggs (yolk first)
- Feeding schedule: 3 meals/day + snacks



### **🌟 Pro Tips:**

- Encourage self-feeding to build independence.
- Offer a variety—babies need to taste food many times to accept it.
- Sit baby in a high chair for safe eating.

# **Chapter 5: Third Stage of Weaning (10–12 Months)**

- Textures: chopped, soft finger foods
- Baby eats most family foods (with less oil/spices)
- Sample foods: chapati soaked in dal, soft pasta, upma, soft fish, scrambled egg
- Meal frequency: 3 meals + 2 snacks + milk feeds

## **★ Pro Tips:**



- Family mealtimes encourage good eating habits.
- Babies may eat little some days –don't force-feed.

# **Chapter 6: Baby-Led Weaning (BLW)**

## **Deep Dive**

- 1.What is BLW? Letting baby self-feed from the start
- 2.Benefits: independence, hand-eye coordination, less picky eating
- 3.Safety guidelines:
  - Cut food into finger-length sticks
  - Never leave baby unattended
  - Avoid choking hazards (nuts, grapes, popcorn)



### **★ Pro Tips:**

- Start with soft-cooked veggies & fruits (carrot sticks, steamed apple).
- Expect gagging—it's normal, different from choking.

# **Chapter 7: Nutritional Needs During Weaning**

- Balanced meals: carbs, proteins, healthy fats, iron, vitamins
- Iron-rich foods after 6 months: spinach, jaggery, dates, dal
- Importance of continuing breast/formula milk until 12 months
- Foods to avoid: honey, cow's milk as main drink, sugar, excess salt, processed foods

# **Chapter 8: Sample Weaning Meal Plans**



- 6–8 Months: 2 meals/day (purees + mashed fruit)
- 8–10 Months: 3 meals/day + finger foods
- 10–12 Months: 3 meals + 2 snacks (family food style)

## **✓ Example 1-Day Plan (8M Baby):**

Breakfast: Mashed banana + breastmilk  
Lunch: Moong dal khichdi  
Snack: Steamed carrot sticks  
Dinner: Rice cereal with apple puree

# Bonus Section (Premium Add-on)

- ✓ Printable Baby Weaning Tracker  
(foods tried, allergies, likes/dislikes)
- ✓ Age-wise Food Texture Chart  
(purees → mashed → family food)

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## Conclusion

- Weaning is about exploring, not perfection
- Babies learn by playing, touching, tasting
- Every baby's journey is different—trust your instincts

