

First Foods

Your baby will probably be ready for solids around six months, before then the digestive system will be too immature to tolerate them. When they are ready for extra nourishment they will let you know by reaching for food and making chewing movements.

- Rice cereal is the best choice for the first solid food as it is easy to digest. Dilute it with breast milk, or cooled boiled water. For nursing babies the breast milk will give the first cereal a familiar taste and smell, after several days you could change to water.
- The cereal should not be runny and you may have more success by making it quite thick. Use a very small spoon and only half fill it. Do not give them more than a couple of spoonfuls at these early feeds.
- The best time to try first solids is at the mid-morning feed when your baby is settled and in a cooperative mood.
- Never feed your baby cereal from a bottle using a teat with an enlarged hole. If they will not take it from a spoon, try later.
- Giving solids at the end of the feed may be pointless as baby will be satisfied by the milk, unless they have developed a strong urge for extra nourishment. It is wisest not to offer new solids at the night-time feed as a bad reaction may lead to a sleepless night.
- Serve food at room temperature, if you want to take the chill off it, place the dish over a cup of very hot water to warm slightly. Always check the temperature before serving.

First Contact

and

Support Hub

01429 284284

fcsh@hartlepool.gov.uk

<http://hartlepool.fsd.org.uk>

To find your nearest children's
centre call: **01429 284284**



**HARTLEPOOL
BOROUGH COUNCIL**



First Foods

- Remember that your baby's swallowing has been associated with sucking until now. At first they may cough, splutter and spit food out. Be very patient and give small amounts each time. If they cough or sneeze, hold a hand in front of their face, not the mouth
- Once your baby is enjoying cereal you can offer small amounts of pureed fruit and vegetables. Mash the boiled vegetables with a fork or push them through a sieve and then dilute to a soft puree with a little boiled water
- Fresh fish is excellent for babies over six months, be very careful that all of the skin and bones are removed.
- Keep it simple, your baby won't appreciate elaborate meals and you won't appreciate the stress of preparing them.
- Make fresh fruit jellies by setting diluted fruit juice with gelatine. You will need three spoons of gelatine (dissolved in three tablespoons boiling water) for every 2 cups of juice.
- Your baby has no cravings for sugar, salt and cream so think of her future eating habits and don't add extra sweetness or fat. Babies get the fat that they need from milk.
- Remember milk is the most important food for your baby in her first year. If they are cutting their milk feeding time short, it may be that they are being satisfied by solids.

First Contact
and
Support Hub
01429 284284
fcsh@hartlepool.gov.uk
<http://hartlepool.fsd.org.uk>

To find your nearest children's
centre call: **01429 284284**

