

Starting out on solids

Weaning Advice

for parents

Little
Pioneers
nursery & pre-school
Part of **coop** childcare



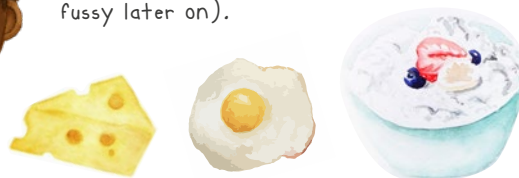
Introducing your child to their first 'real food' is a fun and exciting time, but it can get a bit tricky. Knowing which ingredients to start out with, how much, whether to chop or puree and if you should feed them or let them self-serve. All of these are questions you'll want to answer **before you begin**.

It's totally normal for the whole process to **seem a bit scary** too. But try to keep in mind that gagging is just part of your child figuring out how to manage solid food for the **first time**.

And we've also put together a **first aid video** that takes you through what to do if a child is actually choking. So you can be prepared for any situation (as unlikely as it is).



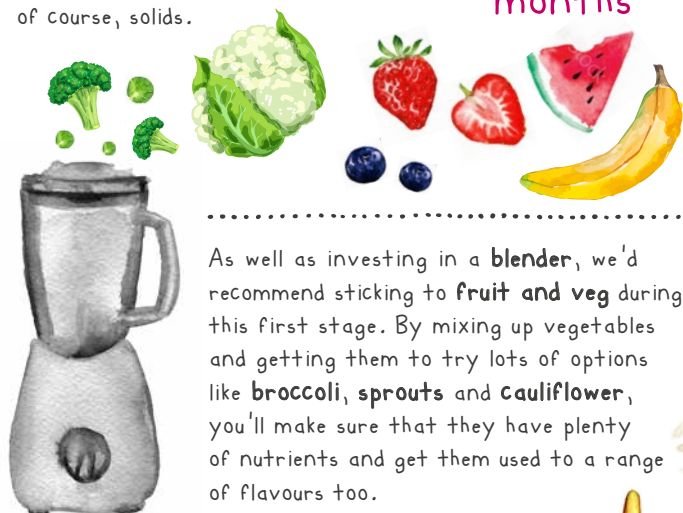
Once both you (and your child) feel ready, **starting solids** will become a new fun **adventure** for you to enjoy together. Getting them to try as many **flavours** and **textures** as possible will engage their curiosity (and make them less fussy later on).



And by approaching weaning as a **new opportunity** rather than a challenge, you'll start to have as much **fun** with it as much as your child will.

Puree crazy

In the first stages of weaning, keeping foods simple and pureed will get them used to new flavours and, of course, solids.



As well as investing in a **blender**, we'd recommend sticking to **fruit and veg** during this first stage. By mixing up vegetables and getting them to try lots of options like **broccoli**, **sprouts** and **cauliflower**, you'll make sure that they have plenty of nutrients and get them used to a range of flavours too.

One **small portion** at **lunchtime** and **teatime** should be plenty to get them started (with lots of milk top-ups in between). Don't worry too much about getting them to self-serve for now, unless of course they're **keen** to pick up the spoon!

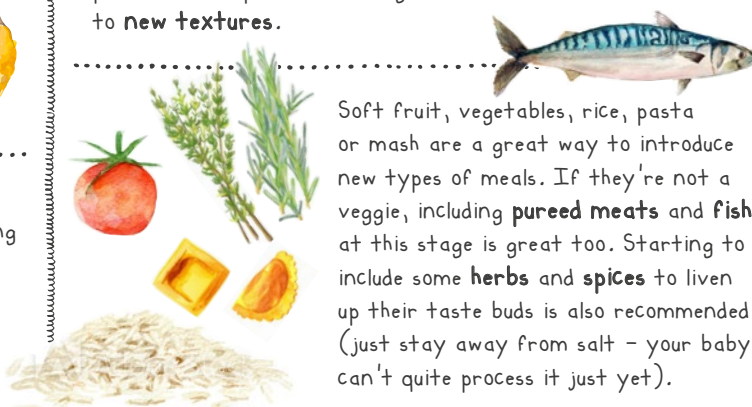


6-9
months

Bits and pieces

Once they've got use to tasting (and digesting) basic foods, it's time to start introducing **more flavours** and **proteins**. Mixing and matching purees and lumpier meals will get them used to **new textures**.

9-12
months



Soft fruit, vegetables, rice, pasta or mash are a great way to introduce new types of meals. If they're not a veggie, including **pureed meats** and **fish** at this stage is great too. Starting to include some **herbs** and **spices** to liven up their taste buds is also recommended (just stay away from salt - your baby can't quite process it just yet).

Getting them to use **spoons** and **forks** (or just their fingers) will encourage them to **self-serve**. Starting to include two small portions each at lunch and teatime will also get them used to different utensils and help to meet their **growing appetite** and nutritional needs.



Full-time foodie

By this point, your toddler should be pretty food savvy. Having enjoyed a range of new meals, they're now ready to take the final step into **chopped foods**.



12
months
(old and over)

Veggie batons and **smallish lumps** are perfect for your child to **pick up** and **chew**. Pitta breads and bits of toast are also great when cut into small squares.

Making sure that they're happy using all types of **cutlery** will start to come naturally at this stage, as will their choice in meals.

The sky is also your limit when it comes to flavour. Now you can start introducing **small amounts of salt and sugar** into meals, you can tickle their taste buds with different cuisines (spag bol anyone?) and even let them have the occasional **pudding**.

Encouraging them to choose from a couple of different snacks, whilst still keeping their main meals set and nutritional, will encourage them to broaden their horizons and get all the **goodness** they need.



Little tummies

Of course, figuring out how much is enough to keep little tummies full can be a bit tricky at any stage. So we've put together this printable on portion sizes for you to post nearby as you cook. And help take the guessing out of meal prep.



Balance plate

your child's plate and their portion size

Little Pioneers

nursery & pre-school

Getting the right balance of food groups, all in a child-size portion is tricky. But it's also important to make sure your toddler has all of the goodness they need to grow. We've put together this guide to help you through the mine-field of nutritious meal times.

Portion size guide

Plate	Bowl	Small bowl
20	12	8
cm diameter	cm wide + 1cm deep	cm wide + 3cm deep

What to put on your toddler's plate?

Your child should be eating **3 meals a day** with **3 snacks** in between.

Food Group	No. servings a day	1 serving equals
Carbohydrates (bread, cereals, potatoes)	3-4	1 slice toasted potato 1/2 - 1 slice bread 1 slice cereal, 1/2 Muesli
Fruit & Veg	5	1 slice apple or peeled orange 1/2 - 1 piece of fruit 20g cheese, 1 small pot of yogurt or fromage blanc
Dairy (milk, cheese, yogurt)	3	1/2 - 1 cup milk or freshly chopped with gravy/leeds 1/2 - 1 hard-boiled egg
Meat and eggs	2-3	1/2 - 1 cup mince or freshly chopped with gravy/leeds 30g sausage (100g)
Fish	2	
Drinks	6-8 (inc. milk)	

A balanced diet means treats too!

- A teaspoon of **sugar** or two every so often is important to stay balanced
- It's recommended that your child has no more than **2g salt** per day
- Keeping an eye on **fat** means your child can still enjoy treats and stay healthy

At Little Pioneers, we cook all of our meals on-site.

When we can, we look to source our food from **local** producers. We also create our menus with **seasonal** products to make sure that everything is at its tastiest when we cook it, giving your child all the **goodness** they need.

If you found this useful take a look at our other resources.



What we do to help at Little Pioneers

At Little Pioneers, we make sure that our weaning menus are always balanced, nutritious and yummy (of course). **If you found this useful take a look at our other resources.**