

Weaning Pack

We have put together some information that we think you will find useful when introducing your baby to solid foods

Leaflet provider:	Item contains:
Cheshire East Council - Catch App	Please follow this link : http://www.catchapp.co.uk/
Start for Life-Weaning information	Please follow this link: https://www.nhs.uk/start4life/weaning/ Your baby will be ready for weaning onto solid foods when they are around 6 months old. This site has useful videos and resources to support you through the weaning process and contains simple healthy meal ideas and recipes.
First Steps Nutrition	Please follow this link: https://www.firststepsnutrition.org/eating-well-infants-new-mums This site provides information on eating well for babies and new mothers and also a guide for eating well for vegan infants.
Cheshire East Health Visitors Facebook page	Please search for 'Cheshire East Health Visitors' on Facebook and like our page to keep up to date with regular updates for health visiting in your area. We will soon be adding a video to support you with weaning.

Vitamin D

New NHS advice is that everyone takes a daily supplement of vitamin D (this is from birth and includes pregnant women).

Newborn babies until 1 year of age – 8.5-10 mcg daily (products available include Healthy Start Vitamins and other over the counter supplements, these may not state suitable from birth and may not have the correct dose, however NHS choices state it is safe to give from birth). If the baby is having over 500mls of formula, vitamin D is not required as it is already added.

Over 1 year of age and adults - 10 mcg daily

From about late March/April to the end of September most of us should be able to get all of the vitamin D from sunlight on our skin.