



Introduction



Hello Mama!

Welcome to Happy Mama and our Introducing Solids Guide.

We are so glad you have chosen to begin your baby weaning journey with us and hope you enjoy learning with your baby.

In this guide, we will explore the different methods of introducing solids to your baby. We will provide guidance including recognising the signs as to when your baby might be ready as well as how to get started and things to expect. We are not experts but we will support and guide you mama, through this next developmental journey.

Much love,
The Happy Mama Team x

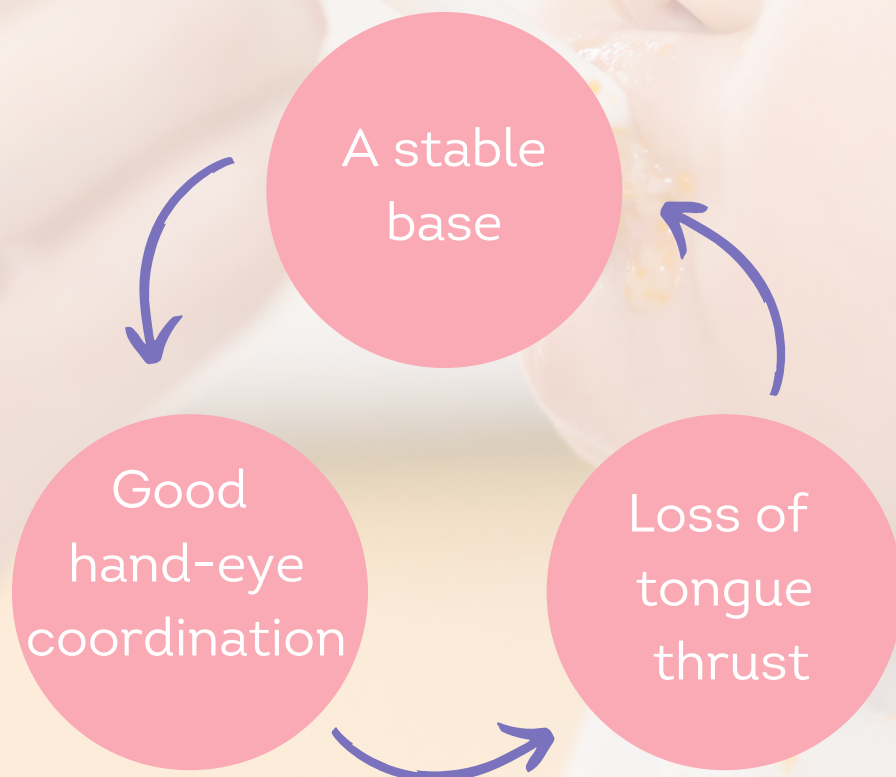


How do you know when baby is ready?

Introducing solids usually happens at around 6 months of age, but the word 'around' is key.

6 months is when most babies have achieved 'developmental readiness'. However, some get there sooner and others later.

The 3 signs of developmental readiness are;



A Stable Base

Your baby needs a stable base to deal with food in their mouth. They need to feel grounded and secure so that they can dedicate 100% concentration to eating.

Eating is a very complex task and a skill that must be learned, just like rolling, crawling or walking and so it requires a lot of concentration and practice. This means your baby needs to be able to sit up steadily even if only for a few seconds. They need to be able to control their heads while sitting too.

Choosing the right highchair is important as this will provide the stability at first. Support is needed so that your baby's ankles, knees and waist are at 90-degree angles. It is best to use a high chair with a footrest to ensure the feet, ankles and knees are at the right angle. Don't leave little legs dangling! Seating pods, bouncy chairs or your lap don't do a good enough job!



Good Hand-eye coordination

Co-ordination for picking up toys and moving them up to their mouth is the second sign of being developmentally ready.

If you are introducing solids, being able to direct food towards their mouth is an essential skill and even traditional weaning requires finger foods at around 6 ½ months.



Loss of tongue thrust

This is when your baby pushes things out of their mouth with their tongue. It's an evolutionary thing they're born with, to stop them swallowing dangerous items!

How you can check

Place the tip of a clean finger or a baby spoon on their bottom lip. If the tongue pops out to push it away, the tongue thrust reflex is still there. If your baby readily opens her mouth instead, then the tongue thrust reflex is gone.



Babies Don't Keep

*I hope that my child, looking back on today
Will remember a mother who had time to play;
Because children grow up while you're not looking,
There are years ahead for cleaning and cooking,
So, quiet now cobwebs, dust go to sleep,
I'm rocking my baby and babies don't keep.*

- Unknown -



Notes

Write down any notes so that you can refer back to them

Further information & Support

Below are some helpful links to resources for Introducing Solids to your baby;

NHS Guidance:

<https://www.nhs.uk/start4life/weaning/>

GP Infant Feeding Network

<https://gpifn.org.uk/introducing-solids/>

Ella's Kitchen

<https://www.ellaskitchen.co.uk/weaning>

Annabel Karmel

<https://www.annabelkarmel.com/weaning-getting-started/>



We hope you have found this information useful!
Introducing Solids is a fun way to bond with your baby so
let's make it an enjoyable experience for both you and baby.

For more information on our classes and workshops
or for further support, find us at;



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