



Weaning Policy and Procedure:

At, Ducklings Childcare Ltd we realise that as a child reaches 6 months their nutritional needs are changing and milk alone does not satisfy their increased nutritional requirements. It is recommended that infants do not begin weaning until 6 months but some parents may choose to begin to wean earlier. We will work closely with the parents/carers to make sure the process runs as smoothly as possible and only when the child shows they are ready. We appreciate that some babies take more quickly to solid foods than others and that they will each have different food preferences.

Infants under 6 months will not be given: foods containing gluten (bread/pasta etc), nuts and seeds (peanuts, peanut butter, other nut spreads), eggs, raw or cooked shellfish, shark, swordfish and marlin, citrus fruits and citrus fruit juices (orange, lemon, grapefruit), foods containing plant sterols (some margarines and yoghurts – check the ingredients) or honey.

Salt will not be added to any foods for infants. Small amounts of cow's milk may be used to soften foods. Naturally sweet foods such as apples or bananas will be used instead of sugar or artificial sweeteners. A variety of flavours and textures will be offered to allow the infant to learn to chew and accept a wide variety of foods. A daily serving of iron-rich foods (soft-cooked meat, fish and pulses such as peas, beans and lentils) should be included. If eggs are given they will be cooked until completely solid.

If commercial weaning foods are used, the manufacturers' instructions will be followed carefully.

When serving food from a can or jar where the entire contents are unlikely to be eaten a portion will first be spooned into a separate dish before serving to the infant. The remainder will be stored according to manufacturers' instructions (if there are none, it will be thrown away). If the infant is fed directly from the jar but does not finish it all, the remainder will always be thrown away.

With recent changes to weaning guidelines and conflicting advice from family or friends we understand that the process of weaning can be a difficult time for parents. We will provide as much support and information about weaning for parents as they need. We can provide leaflets to take away and our baby room staff are always willing to use their previous knowledge and experiences of weaning to support parents.