



Weaning

(how To Introduce
Right Food)



Breastfeeding guide

- ▶ Introduce one new timing every week/as you feel baby is settled with earlier meal
- ▶ It must be tasty.
- ▶ Time should be same-taste and item must keep changing
- ▶ Don't wait for teeth to erupt; they don't need teeth for eating.
- ▶ Don't give too many options
- ▶ Child should know either this or nothing
- ▶ Kids eat with their eyes
- ▶ Every major meal must be a combination of cereal and protein and fiber
- ▶ Raw food must be given in between major meals
- ▶ Avoid salt, spices, sugar, top milk(breastfeed or formula milk can be given) till 11 months
- ▶ Give filtered water to kids

Baby food 0-1year

Breastmilk on demand-6 months

*6 to 7.5months- Solid food gradually start with 1-2 times a day (nachni satva, dals (moong, masoor, udad) , rice, boiled and mashed vegetables like potato- carrot, dal soup, rice kanji, khichadi, stewed apple, sweet potato)

You can overcook food and smash it with your hand. Consistency should be little idli batter and in granular form.

**Pl note must prepare bowl food for preloaded spoon, or you feeding along with stick food) initially it can be 50% stick food and 50% you feeding but slowly shift child to independent eating.

* 7.5 to 11 months- Solid 4-6 times a day (beans, ripe banana, mango, chikoo, guava, melon, fresh juice, curd, home-made paneer), upma, rice, khichadi, small roti or paratha, idli, dosa, pan cakes, chilla, bhakari, paratha etc also should be introduced.

Slowly shift child to proper solid food

11 months onwards- Whole milk, Chapati, Regular family meals(low spice), kheer, pudding, milkshakes

Breastfeed till 1.5-2yr



Home Made Cerelac

2 bowls of raw rice, 1 bowl moong dal, 1 bowl urad dal.

Wash all of them and then dry them in the sun.

Roast them to a light pink color and then finely grind it in the mixer.

(After 6.5 months months you can also add dry kharik powder and almond powder for taste.)

Home Made Nachani Satva

Soak nachani overnight and then tie it in a cloth for sprouting. Dry it in shade, roast and then grind (rava or semolina consistency).

Ready to eat. Upma, kheer, pej etc.

While leaving breastfeed (weaning)-

Gradually reduce it to twice or maximum thrice in 24hour

Technique can be used is- cotton band-aid(micropore)

In no circumstances breastfeed should be restarted

if you have decided to stop it.

Mother will need lot of co-operation from husband and family

Things you must to buy-

- ▶ Sipper with a lock
- ▶ Colourful plate and spoon at least two options.
- ▶ Fruit net
- ▶ Bottle spoon

Things which are no-no-

- ▶ Too much use of sanitizer or steriliser
- ▶ Only boiled water to child
- ▶ Avoid showing mobile or rhymes to keep the child engage.
- ▶ No top milk till 11months

*****give neem leaves water to the child every day. Soak 4-5 leaves in water and give that water to the child. It helps them to have strong immunity.

Cereals	Protein	Flours to be kept ready at home
Chapati	1. Dal / lantils	green peas flour
Rice	2.dahi	Multigrain flour Khichadi mix Moong flour
Jawar	3.Egg	Chana sattu (futana dal powder)
Bajara	4.Nonveg stocks and pieces	Nachani Satva flour Wheat satva Soybean flour Kharik powder
Poha	5.Whole grains	Flax seeds powder Groundnut powder
Upma	6.Sprouts	Almond and walnut powder
Oats	7.Dry fruits	
Rava	8.Flax seeds	
bread	9.Paneer	
	10.soy	

Quick Tip : keep flours ready.



Thank you

