

Weaning Plan



The Twelve Week Weaning Plan



I hope that the journey through mothering your baby has so far been a great joy.

Weaning is now at the door and the best thing to do is welcome it with a relaxed and positive attitude.

What weaning really means and tells you is that your baby has grown well enough to not get enough of your milk. Your baby now needs more nutrients especially iron. You do not have to stop breastfeeding; you will just introduce food that adds to the breast milk your baby is already on. Interestingly the Webster's Dictionary defines weaning as "accustoming a young mammal to take food otherwise than by nursing." It is therefore advisable to breast feed for as long as you can. The recommended time to wean your baby is after their sixth month.

A few tips as you start

- Remember your baby has all their life to eat so don't be in a hurry, take it slow.
- Hygiene must be observed by all involved in preparing baby's food. Separate baby's utensils with those of the rest of the family.
- Introduce one food at a time, give at least three days so as to be sure all's well.
- Note what your baby likes and dislikes. Don't insist on the foods they dislike as they may associate feeding to a bad experience
- Babies digest yellow and orange food more than the greens so give those a priority
- The first foods need to be of a smooth texture, mainly purees with no lumps at all
- The taste needs to be as natural as possible but, you can fry with a little oil and add a pinch of salt.
- When you choose the feeding times, stick to them with all you've got as this helps program your baby's feeding habits.
- Feed baby on your lap or a feeding chair. The chair is preferred as baby learns to associate their being on it with feeding time.



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- Along with the feeds, give milk and water. Diluted Fresh fruit juice (1:3 parts water) may be given if your baby is not eating fruits or dislikes the water. Note juice tends to fill the stomach so give it after meals.
- Avoid gluten, high fiber foods, honey, unnatural sugars, sea food and animal milk till your baby is one year old.
- Be watchful when introducing a protein, it is important to note any allergic reaction early.
- It is hard to cook one meal for one small stomach. If your cooking gives 2 or 3 feeds, refrigerate or freeze them for another feed.

Plan and prepare beforehand.

Remember, your baby is a unique individual. Adjust the plan to suit them

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Week	Lunch	Breakfast	Other Times	3pm Meal	Dinner
One	Pureed Pawpaw		Milk		
Two	Pawpaw + Banana		Milk		
Three	Pawpaw + Avocado		Milk		
Four	Fruit	Maize meal Porridge	Milk		
Five	Fruit	Cereal	Milk		
Six	Boiled or fried butternut, pumpkin, potato or Rice	Porridge / Cereal	Milk	Fruit	
Seven	Your choice (from week 6 items) + Carrots for 3 days	Porridge / Cereal	Milk	Fruit	
	Add Georgette to the above for 3 days				
	Add Spinach to the above for three days				
Eight	Supplement first choice in week 7 with a second option	Porridge / Cereal	Milk / Water	Fruit	Give the first choice, can make it different
Nine	Introduce vegetable proteins, start with peas.	Porridge / Cereal	Milk / Water	Fruit	Same as lunch or give the alternative
Ten	As week nine	Porridge / Cereal	Milk / Water	Fruit	Same as lunch or give the alternative
Eleven	Introduce another protein eg. Green Grams	Porridge / Cereal	Milk / Water	Fruit	Same as lunch or give the alternative
Twelve	Introduce animal proteins, start with chicken ,fish or liver	Introduce egg for breakfast	Milk / Water	Fruit	Same as lunch or give the alternative

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I do hope that this plan helps you. I have used it for all my three babies, shared it with a number of mums and it works.

All the best

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