

# FIRST BITES, BIG MILESTONES

## THE WHAT, WHEN AND HOW OF WEANING

### STARTING SOLIDS: FOODS AND FEEDING TIPS



- **Iron-fortified grain cereals** (rice cereal, barley, multigrain)
- **Soft, pureed root veggies** (potato, pumpkin, carrot, broccoli)
- Foods should be **smooth** in texture



- **Soft proteins** like silken tofu, lentils, beans, mashed fish and egg
- **Finely mashed meats**
- Gradually introduce **thicker** textures as chewing improves.

### HOW MUCH TO FEED?

- Start with one tablespoon once daily, ideally before a milk feed
- Try rice cereal first, and add pureed fruits or vegetables
- Feed when baby is well-rested, and increase frequency as interest grows
- Try feeding during family mealtimes

### IS YOUR BABY READY FOR SOLIDS?

- Can sit with some support
- Has good head and neck control
- Opens mouth for a spoon
- Brings hands or toys to their mouth
- Shows interest in food by watching intently



**NOTE: BABIES DEVELOP AT THEIR OWN PACE, AND SOME MAY BE READY FOR SOLIDS EARLIER OR LATER THAN OTHERS.**

**IF YOUR CHILD HAS FREQUENT CHOKING EPISODES OR AVOIDS CERTAIN FOOD GROUPS, CONSULT A PAEDIATRICIAN.**

### SAFETY FIRST: GAGGING VS CHOKING

**Gagging** is normal as babies explore new textures. It often happens when they take too much food or food moves too far back before chewing.

**Choking** is more serious and happens when food blocks the airway.

#### SIGNS OF GAGGING:

- COUGHING
- MAKING NOISES
- SLIGHTLY RED FACE
- TONGUE MOVING FORWARD

**Stay calm and let your baby work it out – it's part of learning to eat.**



#### SIGNS OF CHOKING:

- TURNING BLUE
- BECOMING SILENT OR UNABLE TO MAKE NOISE
- LOSING CONSCIOUSNESS

**If choking occurs, act immediately with first aid and call for help.**

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