



Janine Smith

WORKING WITH PARENTS SINCE 2002

WEANING – GETTING STARTED

Make a note of the food you could offer your baby for initial tastes and textures

FOCUS ON MEALS

What food can you adapt and share with your baby

Breakfast

Lunch

Dinner

WEANING – MOVING FORWARDS

Make a note of the different foods/textures of foods you could offer your baby after those first few weeks.

FOCUS ON MEALS

What food can you share with your baby as they eat more food and textures?

Breakfast

Lunch

Dinner

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