

Weaning your premature baby

Your baby will show cues when they are ready for solid food. Wait for three or four of the cues on this leaflet before you start weaning.

Before five months corrected, your baby's skills won't be developed enough to start weaning. If you feel your baby is still not ready by seven months corrected, you should contact your health visitor for advice.

Before you start weaning, see if your baby can...



Sit up by themselves, needing only a little support.



Hold their head up easily and keep it upright while sitting.



Explore objects with their fingers, hands and mouth.



Reach and grasp for food and/or open their mouth when food is offered.

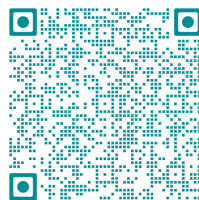


Bite and chew toys.

This is just the beginning. To find out more about weaning, including:

- How to start
- What foods and drinks to give
- How to introduce finger foods and lumps
- What to do if your baby refuses food please visit

bliss.org.uk/weaning



   search @blisscharity

 hello@bliss.org.uk

Bliss
for babies born
premature or sick

Next review due 2026

Registered charity no. 1002973. Scottish registered charity no. SC040878