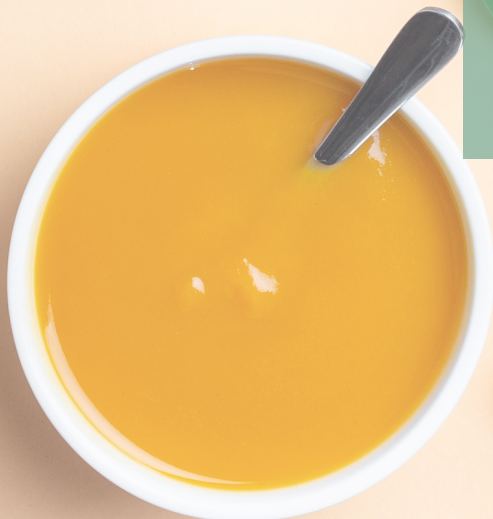




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# TRANSITIONING FROM LIQUID TO SOLIDS



## WHY IS UNDERSTANDING THIS PROCESS IMPORTANT?



To help you accompany the evolution of your child and understand their appetite. All while never forcing your child to eat and respecting your child's appetite.

Keep in mind that your child's appetite may vary from one day to the next.

When your child starts to eat on their own, they may eat less.

They will taste one, then a few teaspoons and gradually, their appetite and digestive capacities will increase.



# AVOID

- No food outside of mealtime.
- Do not force your child to finish their bottle or plate.
- No screens at mealtime, no TV and keep phone away.
- Do not give any supplements without doctor advice (vitamins or other).
- Ultra-processed food (too much fat and colouring agents such as chips, nuggets, candy or soda).
- The dairy products  $\frac{1}{2}$  skimmed, skimmed and fat-free are not suitable for infants.
- Do not give raw milk or cheese because of the risks of infection.
- Also avoid raw fish, meat and eggs.



# HOW MANY MEALS A DAY?

4 to 5 meals a day.

Example: at 8 months old 4 meals - two diversified meals and 2 feeding bottles

At 1 year old: your child should eat 3 times a day and also have a snack.

**Fruits and vegetables:** local and seasonal products are less expensive

**Whole/ semi/ complete starches:** wholemeal or cereal, bread, rice, pasta and semolina

**Dried vegetables:** lentils, beans, chickpeas

**Protein:** plain fish filet

**Calcium:** breast milk or formula

**Fats:** olive, grapeseed, walnut oils or a small amount of butter

**Drinks:** the only essential drink is water by the glass or cup from 6 months (Fruits juices; pressed or commercial and soda ARE NOT RECOMMENDED)

**Taste:**

Use herbs and spice

Herbes de provence, cumin, etc ...

Until 3 years old, don't salt homemade food or baby food.

You can sweeten yogurt or cottage cheese with crushed fruit.





# HOW SHOULD I START?

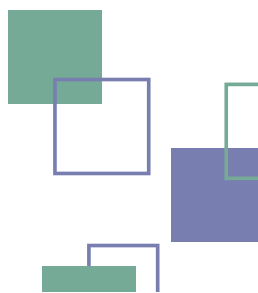
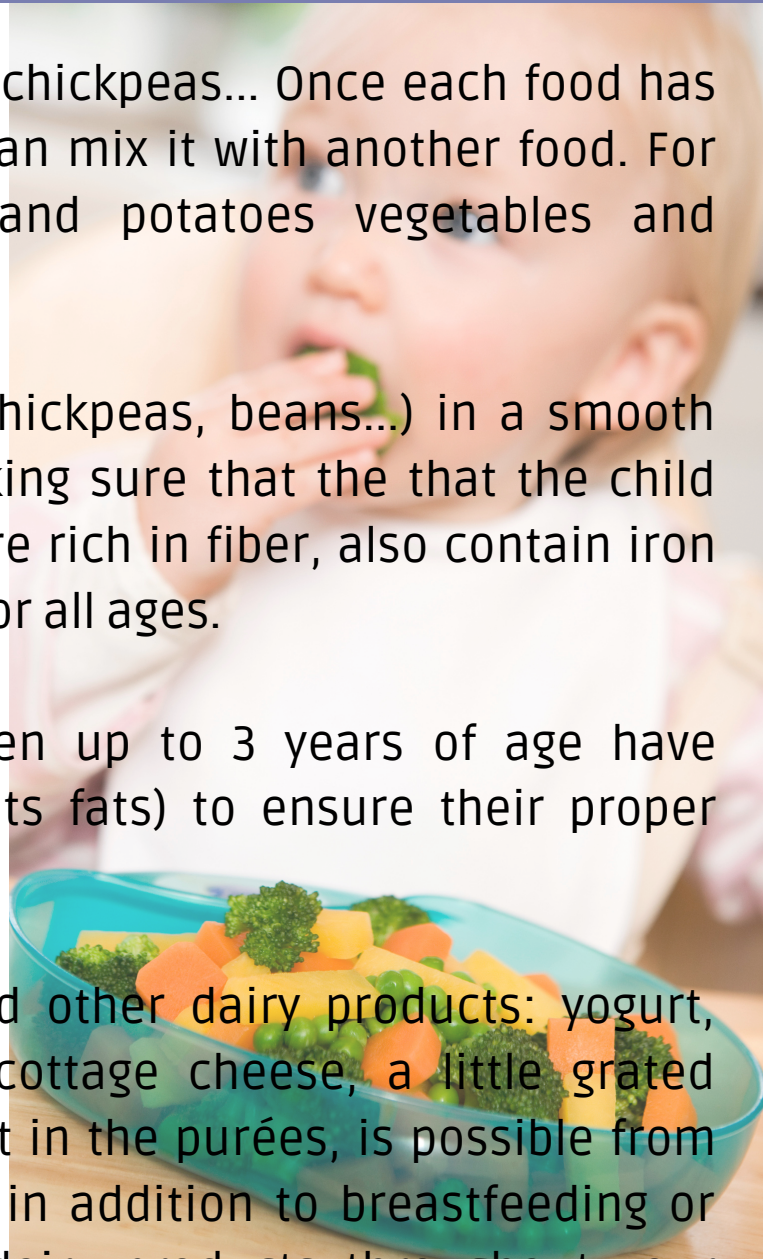
Today, there is no specific recommended order to introduce the different food groups between 4-6 months old: vegetables, fruits, poultry, fish, meat, eggs, dried vegetables (lentils, beans, chickpeas...), starchy foods (pasta, rice, semolina, bread even whole meal)

- For example, start with vegetables at noon or in the evening, and fruit at 4 p.m.

It is recommended to give each new food separately without mixing it with other food. (to let the child discover the taste of the food)

- For example: next to the mashed vegetable, offer a teaspoon of mixed fish or poultry, from time to time mix a little grated Emmental cheese in a puree,

- A little smooth mashed lentils or chickpeas... Once each food has been accepted on its own, you can mix it with another food. For instance: mashed vegetables and potatoes vegetables and poultry,
- Offer dried vegetables (lentils, chickpeas, beans...) in a smooth purée from 4-6 months old, making sure that the that the child digests them well. These foods are rich in fiber, also contain iron and proteins are recommended for all ages.
- Added fats are essential children up to 3 years of age have important lipid (fat) requirements fats) to ensure their proper development.
- Breast milk or infant "milk", and other dairy products: yogurt, small Swiss and unsweetened cottage cheese, a little grated cheese from time to time to melt in the purées, is possible from the beginning of diversification, in addition to breastfeeding or bottle-feeding. Alternate these dairy products throughout your child's menu. It is not necessary to give "special baby" dairy products which are more expensive. Baby" dairy products that are more expensive.





# QUANTITIES: OFFER WITHOUT FORCING

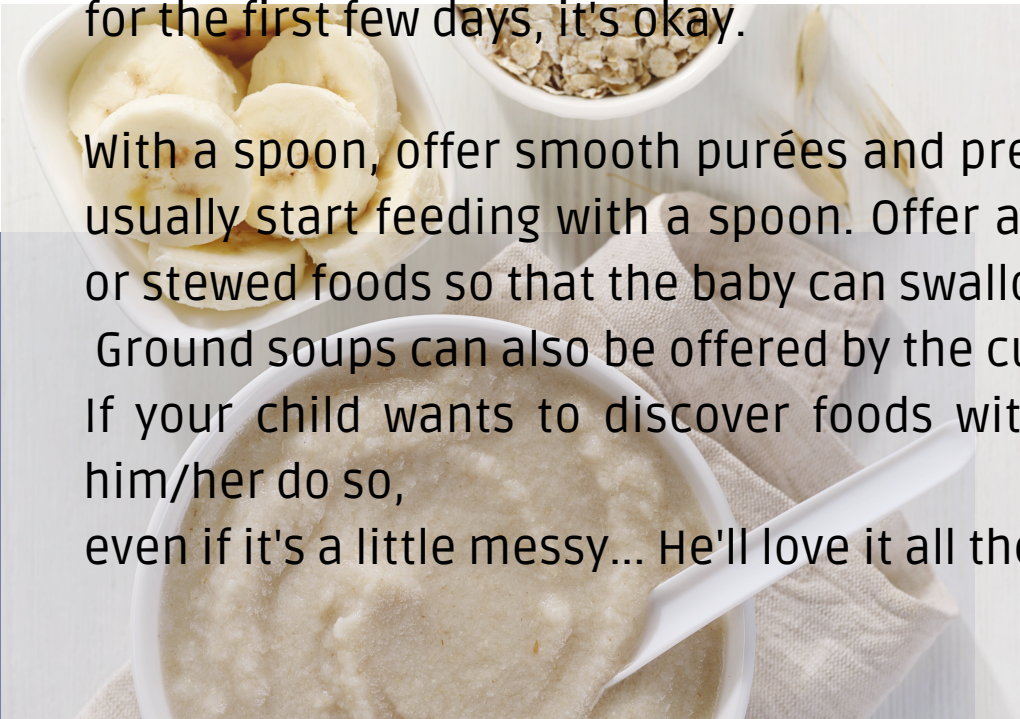
At the beginning, as his/her stomach is small, your baby will only take a few spoonfuls of puree, followed by a free-flowing feed or a bottle prepared in the amount indicated by your doctor. Gradually, he/she will eat more: trust his/her appetite, observe his/her reactions and never force him/her. There is no quantity to reach, each child is different.

If he/she refuses a new food, do not insist but try again a few days later.

It is often necessary to introduce the same food several times (sometimes up to 10 times!) to get a child to eat it and start to enjoy it.

Consider his/her mood... and yours!

If your child has trouble accepting anything other than milk for the first few days, it's okay.



With a spoon, offer smooth purées and preserved fruits. We usually start feeding with a spoon. Offer all smooth pureed or stewed foods so that the baby can swallow.

Ground soups can also be offered by the cup.

If your child wants to discover foods with his fingers, let him/her do so,

even if it's a little messy... He'll love it all the more!

# FOOD PREP

Prepare a good smooth purée.  
For vegetables, potatoes: cook in water or steam, without salt.  
For poultry, meat or fish: cook thoroughly, without salt.  
Mix the food or crush it very finely with a fork. Add some fat (oil, varying colza, nuts and olives, or from time to time a knob of butter). Mix to obtain a smooth consistency. Do not add salt.

## TIPS

Freeze some of the purée in a stainless-steel ice cube tray, to use as you go along. Place it in a dated and identified plastic bag. Do not use it beyond 2 months. Otherwise, the purée can be kept for a maximum of 24 hours in the refrigerator or in an airtight glass box. If you use a commercial jar, check the label to see how long it can be used after opening.

For dessert or a snack;  
Cook a peeled seasonal fruit in a saucepan with 2 spoons of water and then blend, without adding sugar. Then, gradually, offer raw or cooked soft fruit crushed with a fork, still sugar-free.

To prevent your child from "swallowing the wrong way", present the spoon from underneath i.e. from his chin towards his mouth.





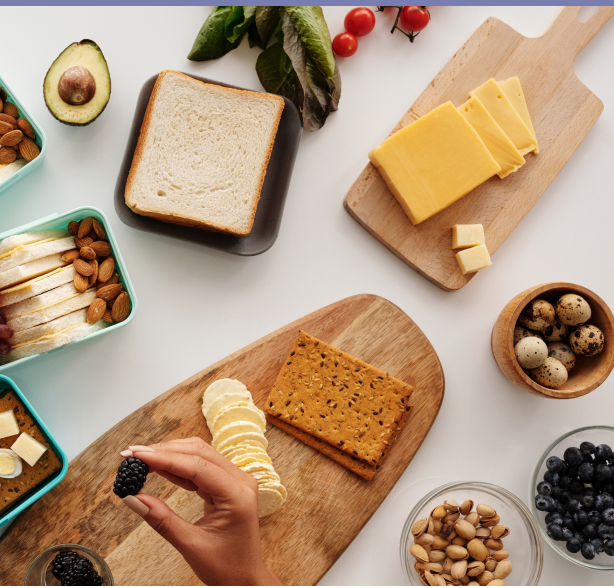
# SLEEP AND FOOD PROMOTE HIS OR HER DEVELOPMENT



Eating and sleeping are necessary: From birth to 3 months old 14 to 17 hours of sleep are required per 24 hours. From 4 to 11 months old between 12 and 16 hours of sleep per 24 hours.

(Brochures SPF manger-bouger, santé publique)





# CONTACT US

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[b-mom.com](http://b-mom.com)

