



**Weaning planner for Days 1 to 93**

For baby: **Twomey**

Weanday		1 24-Sep-09 Thursday	2 25-Sep-09 Friday	3 26-Sep-09 Saturday	4 27-Sep-09 Sunday
Date					
Day					
<p>New foods are shown in bold type , yellow box and preceded by NF - They are always introduced at a lunchtime - this enables you to detect any reaction during the afternoon.</p> <p>Please remember to ensure that all equipment is clean and sterile wherever possible - if you do not have a steriliser then pour or immerse the items in freshly boiled water. We found a good way is to place the items in a metal colander and place this in the sink then pour water direct from the kettle over the items. Soap/ detergent is NOT required.</p> <p>As a rule of thumb when preparing a new food cook about 500g/ 1lb at a time - more than this will be difficult to steam/ blend and freeze in one go - less means you are re-cooking the same food too often; we do not want you tied to the kitchen cooker!</p> <p>It is important that your baby is protected from unnecessary germs. Upto one year old, all food equipment should be cleaned before each use as a matter of course.</p>	<b>Breakfast</b>	Milk	Milk	Milk	Milk
	<b>Lunch</b>	NF - Baby rice (1t)	Baby rice (1t)	Baby rice (1t)	NO SOLIDS
	<b>Evening</b>	Milk	Milk	Milk	Baby rice (2t)
<b>NOTES</b>	<p><b>Baby rice</b> is the most often used first food - it is easy to digest and is unlikely to produce an adverse reaction. There are a number of well known brands and are easy to find in most food shops. When mixing the baby rice and the milk, use warm milk; it will mix better, mix to a paste. Your baby has not learnt to chew and will have to learn a different method of swallowing, the consistency of the baby rice should be such that it should be able to be spooned and form a slight rise on the spoon, i.e. not runny and flat like soup and not a great dollop of cement! Experiment - add more rice flakes/ powder if too runny to enable you to get it into the babys' mouth or add more milk to make the mixture easier for your baby to swallow.</p> <p>The number in brackets throughout the planner relates to a guide amount. ALL guide amounts on this page are in teaspoons. We will specify on each page whether the figure relates to Teaspoons (t). Desert spoons (d), Tablespoons (s), ice cubes (i) or other measurement.</p> <p>Remember these are guide amounts and your baby will let you know how much they need.</p> <p>Legend (1t) = teaspoon level; (1i) = 1 ice cube size or heaped teaspoon; (1d) = 1 dessert spoon level; (1s)= 1 serving/ tablespoon level</p> <p><b>THE AMOUNT OF MILK YOU WILL REQUIRE FOR THE BABY RICE, (~3t) WILL DEPEND UPON THE TYPE AND MAKE!!</b></p> <p>Start with a set amount of baby rice and adding milk as required until the right consistency is found</p>				

**General Planner Notes**

Foods should be served warm and ideally at around the same temperture as you would the milk feeds, so if using formula the temperature is easy to guage, if breast feeding this then body temperature and would feel slightly tepid, luke warm to the touch, if it feels warm but not hot or cold; when you put a drop onto the skin of your wrist (the inside whee you take your pulse) then this is OK, if it feels hot or cold then adjust.

**MEAL TIMES** - we have assumed that your baby is on four milk feeda day and these are morning, midday, mid-afternoon (after lunchtime sleep) and early evening proably after bath time at around 1800. On that basis breakfast is around 0800, lunch is at 1200, tea is at 1800 - this will vary with your particular feeding schedule - we do not suggest you change the feed times your baby is used to.

**Diary Notes Weandays 1-4**

**MILK FEEDS** - These are and will remain for the next few weeks vital to be the babys main energy and food source. We would suggest that at lunchtimes the milk feed is given first, if you baby is ready to wean they will proably still be hungry as such then give the baby rice.

do not be concerend if this is only partially eaten, we are in the early days of the weaning process.

For the evening tea feed give the majority of the milk feed first **but** keep back about an 1oz or little more. Then offer the baby rice and when they have had enough or finished it, offer the res tof the milk.

**IMPORTANT** - use the same milk (from the main milk feed) to mix with the baby rice.

So from say an 8oz feed, you would use 1 oz for the baby rice, give 6 oz in the milk feed first and the last ounce after the baby rice.



**Weaning planner for Days 1 to 93**

For baby: **Twomey**

Weanday Date Day	5 28-Sep-09 Monday	6 29-Sep-09 Tuesday	7 30-Sep-09 Wednesday	8 1-Oct-09 Thursday	9 2-Oct-09 Friday	10 3-Oct-09 Saturday	11 4-Oct-09 Sunday
Breakfast	Milk	Milk	Milk	Milk	Milk	Milk	Milk
lunch	NO SOLIDS	NO SOLIDS	NF - Pear Puree (1t)	Pear Puree (1t)	NF - Carrot puree (2t)	Carrot Puree (2t)	Carrot Puree (3t)
Evening	Baby rice (2t)	Baby rice (2t)	Baby rice (1t)	Baby rice (2t)	Baby rice (2t)	Baby rice (3t) Pear Puree (2t)	Baby rice (3t) Pear Puree (2t)
NOTES	<p><b>Pear puree</b> - peel and core fresh pears (not tinned). Steam pears, this can be done in using a strainer over a saucepan, with the saucepan lid over the fruit. Avoid aluminium strainers and cookware (unless of the anodised type). Once fruit is soft, puree by hand or in a mixer/ blender. Put excess into ice cube trays and freeze - one ice cube is approximately equal to one heaped teaspoon.</p>			<p>Remember these are guide amounts and your baby will let you know how much they need. Legend (1t) = teaspoon level; (1i) = 1 ice cube size or heaped teaspoon; (1d) = 1 dessert spoon level; (1s)= 1 serving/ tablespoon level When serving puree of fruit in early stages this should be warm but not hot, to an adult it would seem cold or at best tepid. Remember your baby's mouth has very delicate skin and is extremely sensitive to temperature (hot/ cold) at this time. Also by cooking the foods any germs will have been killed off in the steaming process and this again reduces the risk of an adverse reaction.</p>			

<p><b>General Planner Notes</b> Once baby rice initial feed is moved from lunchtime to teatime - assuming no reaction and eating all or most of what is offered , do not feed at lunchtime for three days - ensure the tea time feeds are accepted for three days in a row , then move onwards with the planner adding new foods as per the schedule at lunchtime. The no food for three days at lunchtime is designed to get the baby used to a solid feed during the day and to avoid overloading the babys' stomach in the very early stages. He/She will then be ready and able to accept and want more solids as time progresses - the amount of food given is increased as this is in addition to the milk feeds which continue. The rate of growth and stomachs ability to cope with digestion of the foods increases dramatically with time.</p>	<p><b>Diary Notes - Wean Days (WD) 5 thru 11.</b> All foods at this stage are offered after cooking and at a warm temperature equal to that of the milk feed - this is kinder to the still developing baby stomach and makes digestion easier, WD 7 - Offer the Pear Puree with milk before and after. Pureed pear we found is one of the most easily digested foods. Reaction may be the appearance of a rash or spots, this can however be quite mild and will pass, reactions you are looking for which would indicate the food should be stopped to be offered are a fever, raised temperature, skin blotches like eczema, vomiting and distress. Assuming there is no reaction offer pear again on WD 8. WD9 - repeat for carrot - remember only one new food in any given day - otherwise it is unfair on the baby and hard to spot which food is causing a reaction. WD10 - If carrot is accepted at lunchtime then offer pear at teatime with the baby rice, these can be mixed together to make a pear flavoured meal, milk before and after - this cleans the palette and washes out any residues in the mouth.</p>
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