

KNOWLEDGE, EVIDENCE AND INSIGHT LEAFLET BULLETIN

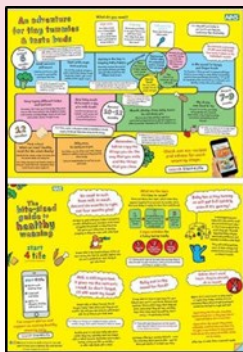
START4LIFE: WEANING

FEBRUARY 2019

Public Health England has launched a new Start4Life weaning campaign offering parents support and advice on introducing solid foods to their baby. A [weaning hub](#) has been launched on the Start4Life website, containing advice and tips for each weaning stage, plus simple, healthy weaning recipes.

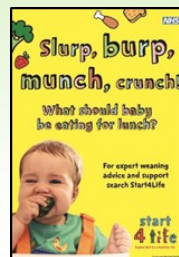
The materials featured in this bulletin can be ordered via the Knowledge, Evidence and Insight [online](#) leaflet database or by ringing or emailing us. Orders can be sent to GP practices and health centres via internal transport or can be collected from Standard Court. Please contact us for further details.

THE BITE-SIZED GUIDE TO HEALTHY WEANING



This wall planner features a timeline showing what might be happening at different stages of the weaning process between the ages of 6-12+ months. It includes tips on when to wean, recognising the signs that baby is ready, how much and what types of food to give and what equipment is needed. It promotes the weaning hub that has been launched on the Start4Life website.

SLURP, BURP, MUNCH, CRUNCH! WHAT SHOULD BABY BE EATING FOR LUNCH?



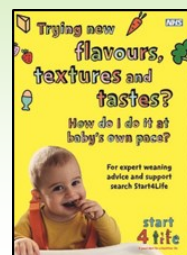
This A4 poster encourages parents and carers to search 'Start4Life' for weaning advice and support.

GROWING, LAUGHING, SITTING, TEETHING! BUT WHEN IS BABY READY FOR WEANING?



This A4 poster encourages parents and carers to search 'Start4Life' for weaning advice and support.

TRYING NEW FLAVOURS, TEXTURES AND TASTES? HOW DO I DO IT AT BABY'S OWN PACE?



This A4 poster encourages parents and carers to search 'Start4Life' for weaning advice and support.

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