

Weaning plan at 4-5 months

This plan should be used as a guide to introduce your baby to solids. However, all babies differ and have their own likes and dislikes, so don't feel anxious if your child doesn't fit in exactly with the plan.

Food to introduce

Pure organic baby rice, pear, apple, carrot, sweet potato, potatoes, green beans, courgettes and swede. Note: A 'cube' is equivalent to approximately one level tablespoon.

Days 1-3	
7/7.30am	Breast-feed or 180-240ml (6-8oz) of formula milk
11am	Breast-feed or 180-240ml (6-8oz) of formula milk 1tsp of pure organic baby rice mixed with breast milk, formula or cool boiled water
2/2.30pm	Breast-feed or 150-210ml (6-7oz) of formula milk
6pm	Breast-feed or 180-240ml (6-7oz) of formula milk
10pm	Breast-feed or 150-210ml (6-7oz) of formula milk (optional)
Days 4-6	
7/7.30am	Breast-feed or 180-240ml (6-8oz) of formula milk
11am	Breast-feed or 180-240ml (6-8oz) of formula milk 1 cube of pear purée (page 53), optional
2/2.30pm	Breast-feed or 150-210ml (5-7oz) of formula milk
6pm	Breast-feed or 180-240ml (6-8oz) of formula milk 1-2 tsp of baby rice mixed with breast milk, formula or cool, boiled water
10pm	Breast-feed or 150ml (5oz) of fomula milk (optional)
Days 7-9	
7/7.30am	Breast-feed or 180-240ml (6-8oz) of formula milk
11am	Breast-feed or 180-240ml (6-8oz) of formula milk 1 cube of carrot purée (page 54)
2/2.30pm	Breast-feed or 150-210ml 6-7oz) of formula milk
6pm	Breast-feed or 180-240ml (6-8oz) of formula milk 1-2 tsp of baby rice mixed with breast milk, formula or cool boiled water, plus 1 cube of pear purée
10pm	Breast-feed or 150ml (5oz) of formula milk (optional)
Days 10-12	
7/7.30am	Breast-feed or 180-240ml (6-8oz) of formula milk
11am	Breast-feed or 180-240ml (6-8oz) of formula milk 1 cube of apple purée (page 54)
2/2.30pm	Breast-feed or 150-210ml (5-7oz) of formula milk
6pm	Breast-feed or 180-240ml (6-8oz) of formula milk

	2-3 tsp of baby rice mixed with breast milk, formula or cool boiled water
10pm	Breast-feed or (150ml 5oz) of formula milk (optional)
Days 13-15	
7/7.30am	Breast-feed or 180-240ml (6-8oz) of formula milk
11am	Breast-feed or 180-240ml (6-8oz) of formula milk
	1 cube of sweet potato purée (page 55)
2/2.30pm	Breast-feed or 150-210ml (5-7oz) of formula milk
6pm	Breast-feed or 180-240ml (6-8oz) of formula milk
	2-3 tsp of baby rice mixed with breast milk, formula or cool boiled water plus 1 cube of pear purée
10pm	Breast-feed or 100-150ml (3 1/3-5oz) of formula milk (optional)
Days 16-18	
7/7.30am	Breast-feed or 180-240ml (6-8oz) of formula milk
11am	Breast-feed or 180-240ml (6-8oz) of formula milk
	1 cube of sweet potato purée or 1-2 tsp baby rice mixed with 1 cube of courgette purée (page 55)
2/2.30pm	Breast-feed or 150-210ml (5-7oz) of formula milk
6pm	Breast-feed or 180-240ml (6-8oz) of formula milk
	3-4 tsp of baby rice mixed with breast milk, formula or cool boiled water plus 1 cube of apple or pear purée
10pm	Breast-feed or 100-120ml (3 1/3-4oz) of formula milk (optional)
Days 19-21	
7/7.30am	Breast-feed or 180-240ml (6-8oz) of formula milk
11am	Breast-feed or 180-240ml (6-8oz) of formula milk
	1-2 cubes of sweet potato purée or 1-2 tsp baby rice mixed with 1 cube of courgette purée
2/2.30pm	Breast-feed or 150-210ml (5-7oz) of formula milk
6pm	Breast-feed or 180-240ml (6-8oz) of formula milk
	3-4 tsp of baby rice mixed with breast milk, formula or cool boiled water plus 1 cube of apple or pear purée
10pm	Breast-feed or 60-90ml (2-3oz) of formula milk (optional)
Days 22-24	
7/7.30am	Breast-feed or 180-240ml (6-8oz) of formula milk
11am	Breast-feed or 180-240ml (6-8oz) of formula milk
	1 cube of swede purée (page 56) mixed with either 2 cubes of sweet potato purée or 1-2 tsp baby rice
2/2.30pm	Breast-feed or 150-210ml (5-7oz) of formula milk
6pm	Breast-feed or 180-240ml (6-8oz) of formula milk
	4-5 tsp of baby rice mixed with breast milk, formula or cool boiled water plus 1 cube of apple or pear purée

10pm	Breast-feed or 60-90ml (2-3oz) of formula milk (optional)
Days 22-24	
7/7.30am	Breast-feed or 180-240ml (6-8oz) of formula milk
11am	Breast-feed or 180-240ml (6-8oz) of formula milk
	1 cube of swede purée (page 56) mixed with either 2 cubes of sweet potato purée or 1-2 tsp baby rice
2/2.30pm	Breast-feed or 150-210ml (5-7oz) of formula milk
6pm	Breast-feed or 180-240ml (6-8oz) of formula milk
	4-5 tsp of baby rice mixed with breast milk, formula or cool boiled water plus 1 cube of apple or pear purée
10pm	Breast-feed or 60-90ml (2-3oz) of formula milk (optional)
Days 25-27	
7/7.30am	Breast-feed or 180-240ml (6-8oz) of formula milk
11am	Breast-feed or 180-240ml (6-8oz) of formula milk
	1 cube of green bean purée (page 56) mixed with either 2 cubes of sweet potato purée or 2 tsp baby rice
2/2.30pm	Breast-feed or 150-210ml (5-7oz) of formula milk
6pm	Breast-feed or 180-240ml (6-8oz) of formula milk
	4 tsp of baby rice mixed with breast milk, formula or cool boiled water plus 2 cubes of apple purée
10pm	Breast-feed or 60ml (2oz) of formula milk (optional)
Days 28-30	
7/7.30am	Breast-feed or 180-240ml (6-8oz) of formula milk
11am	Breast-feed or 180-240ml (6-8oz) of formula milk
	1 cube of swede purée mixed with either 2 cubes of carrot purée or 2 tsp baby rice
2/2.30pm	Breast-feed or 150-210ml (5-7oz) of formula milk
6pm	Breast-feed or 180-240ml (6-8oz) of formula milk
	4-5 tsp of baby rice mixed with breast milk, formula or cool boiled water plus 2 cubes of apple or pear purée
10pm	Breast-feed or 60ml (2oz) of formula milk (optional)
Note: By now your baby should be ready to drop this feed.	