

Weaning plan at 5-6 months

Five to six months

Babies who started weaning at the age of four months on medical advice, should have tasted baby rice, plus a variety of different vegetables and fruit. Most will by now be happy to take a combination of two or three different vegetables at lunchtime.

Somewhere between the ages of five and six months your baby will probably show signs of hunger long before his 11am feed is due. This is a sign that he is ready to start having breakfast, and a small amount of fruit purée can be introduced after his 7am milk feed.

If you start weaning at five months, work through the plan above faster than the given times. You should move on to the 5–6 month feeding plan below once your baby is used to all the foods above.

Feeding plan at five to six months

The following feeding plan is intended as a guide, so don't feel anxious if your baby seems to want a little more or less than the recommended serving.

Food to introduce

Oats, parsnips, mango, peaches, broccoli, avocados, peas and cauliflower.

Days 1-3

7am	Breast-feed or 180-240ml (6-8oz) of formula milk 1 tbsp of fruit purée (optional)
11am	Breast-feed or 150-210ml (5-7oz) of formula milk 4 cubes of sweet potato, carrot or courgette purée mashed together
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 milk or cool boiled water plus 2 cubes of apple purée

Days 4-6

7am	Breast-feed or 180-240ml (6-8oz) of formula milk 1 tbsp of fruit purée (optional)
11am	Breast-feed or 150-180ml (5-6oz) of formula milk 4-5 cubes of sweet potato, swede and green bean purée mashed together
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 milk or cool boiled water plus 2 cubes of apple or pear purée

Days 7-9

- 7am Breast-feed or 180-240ml (6-8oz) of formula milk
1-2 cubes of fruit purée
- 11am Breast-feed or 150-180ml (5-6oz) of formula milk
2 tbsp of mashed avocado mixed with 2 cubes of apple 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
4-5 tsp of baby rice mixed with breast milk or formula, plus 2 cubes of apple, peach or pear purée

Days 10-12

- 7am Breast-feed or 180-240ml (6-8oz) of formula milk
1-2 cubes of fruit purée
- 11am Breast-feed or 120-150ml (4-5oz) of formula milk
3 cubes of sweet potato purée mixed with 2 cubes of courgette or carrot 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
4-5 tsp of baby rice mixed with breast milk or formula, plus 2 cubes of apple, pear or peach purée

Days 13-15

- 7am Breast-feed or 180-240ml (6-8oz) of formula milk
1-2 cubes of fruit purée
- 11am Breast-feed or 120-150ml (4-5oz) of formula milk
2 cubes of sweet potato purée mixed with 1 cube of carrot purée and 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
5-6 tsp of baby rice mixed with breast milk or formula, plus 2 cubes of apple pear or peach purée

Days 16-18

- 7am Breast-feed or 180-240ml (6-8oz) of formula milk
2-3 cubes of fruit purée
- 11am Breast-feed or 90-120ml (3-4oz) of formula milk
3 cubes of sweet potato purée mixed with 2 cubes of carrot purée and 1 tbsp of home-made chicken stock (page 58)
- 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 or formula, plus 2 cubes of apple, pear or peach purée

Days 19-21

- 7/7.30am Breast-feed or 180-240ml (6-8oz) of formula milk

2-3 cubes of fruit purée

11.30am Breast-feed or 90ml (3oz) of formula milk

3 cubes or sweet potato purée mixed with 2 cubes of cauliflower purée (page 57)

2/2.30pm Breast-feed or 150-210ml (5-7oz) of formula milk

6pm Breast-feed or 180-240ml (6-8oz) of formula milk

5-6tsp of baby rice mixed with breast milk or formula, plus 2 cubes of apple, pear or peach purée

Days 22-24

7/7.30am Breast-feed or 180-240ml (6-8oz) of formula milk

2-3 cubes of fruit purée

11.45am Breast-feed or 90ml (3oz) of formula milk

3 cubes or sweet potato purée mixed with 2 cubes of cauliflower purée (page 57)

2/2.30pm Breast-feed or 150-210ml (5-7oz) of formula milk

6pm Breast-feed or 180-240ml (6-8oz) of formula milk

5-6tsp of baby rice mixed with breast milk or formula, plus 2 cubes of apple, pear or peach purée

Days 25-27

7/7.30am Breast-feed or 180-240ml (6-8oz) of formula milk

1tsp of oat cereal mixed with breast milk or formula mixed with half a mashed banana

11.45am Breast-feed or 90-120ml (3-4oz) of formula milk

3 cubes or sweet potato purée mixed with 2 cubes of carrot purée, plus 1 cube of cauliflower 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

5-6tsp of baby rice mixed with breast milk, formula milk or cool boiled water, plus 2 cubes of apple, pear or peach purée

Days 28-30

7/7.30am Breast-feed or 180-240ml (6-8oz) of formula milk

1-2tsp of oat cereal mixed with breast milk or formula plus 2 cubes of apple, pear or peach purée

11.45am Breast-feed or 90-120ml (3-4oz) of formula milk

2 cubes or sweet potato purée mixed with 2 cubes of parsnip purée, plus 2 cubes of broccoli 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

5-6tsp of baby rice mixed with breast milk, formula milk or cool boiled water, plus 2 cubes of apple, pear or peach purée