

More advice

- You can talk to your health visitor, doctor or local family hub if you have concerns about your child's growth or development.
- Foods containing allergens (such as peanuts, eggs, gluten and fish) can be introduced at around 6 months of age, one at a time and in small amounts so that you can spot any reaction. If your child already has an allergy, talk to your GP or health visitor first.

For more advice on weaning and feeding and how to move on to solid foods and drinks, meal ideas and food safety and hygiene.

[NHS Weaning and Feeding/
baby and toddler meal ideas](#)



A collection of child-friendly recipes to help make mealtimes with babies and toddlers a fun learning opportunity.

[BBC Tiny Happy People/Meals
with babies and toddlers](#)



Please call into the Family Hub to talk further about any of the topics shared here.

Grow and Learn with Me

Healthy Mealtimes

Mealtimes are more than just feeding your little one. They are a chance to bond, explore new tastes and establish healthy habits to last a lifetime.

This leaflet offers tips to make mealtimes enjoyable and healthy for both you and your child.



Cumberland
Council

Babies

Did you know?

Breast milk or formula remains the main source of nutrition for your baby in the first year. At around 6 months, you can begin introducing solid foods alongside milk feeds.

Why not try?

- In the beginning your baby will only need a small amount of food before their usual milk feed. Start with smooth purees. Let your baby take the lead. Let them explore new textures and tastes.
- Once your baby is comfortable with purees, introduce a range of textures and flavours. Try to offer different fruits and vegetables.
- Once ready, give finger foods that are safe for them to self-feed. As a guide the best finger foods are soft or cooked foods.
- Create a relaxed atmosphere. Turn off screens and focus on enjoying each other's company.
- It will get messy! Let your baby explore food with their hands. This is a natural part of learning to eat.



Toddlers

Did you know?

It can take 10-15 tries for your child to get used to new foods, flavours and textures. Be patient and keep offering them alongside familiar favourites.

Why not try?

- Give your toddler a wide variety of healthy foods from all the food groups. Aim for a rainbow on a plate.
- Let your toddler decide how much they want to eat. Little tummies don't need much. Offer smaller portions and let them ask for more if they are still hungry.
- Avoid sugary drinks and processed snacks. Offer water as their main drink.
- Set regular mealtimes and eat together as often as possible. Your child will learn by watching you.
- Make it fun! Let them help with washing vegetables or stirring simple mixtures.

