



BEAUCHAMP BABY
CONSULTANCY

WELCOME TO YOUR WEANING GUIDE!

Thank you for downloading this guide—I hope you find it both helpful and reassuring as you begin your weaning journey. Weaning is an exciting milestone for both you and your baby, and having a clear plan can make the transition smoother and more enjoyable.

I'm Francesca Beauchamp, sleep consultant, maternity nurse, and weaning & reflux specialist with 18 years of experience working with families. Throughout my career, I've helped thousands of babies transition to solid foods with confidence.

Weaning can feel overwhelming, but you're not alone! This guide will give you an idea of where to start, if need more help you can book a session with me below.

YOU CAN BOOK HERE : www.beauchampbaby.co.uk/book-online

HOW TO START:

This guide is designed to support you and you 6+ month baby through the first few weeks of introducing solids. Here's a simple breakdown of the initial steps:

Week One: Introduce baby's first solids in the middle of the day approx 11:30am

Week Two: Add a second solid meal in the early evening, around 5:00pm

Week Three: Introduce a third meal in the morning, between 8:00 – 8:30am

With this gradual approach, your baby will gently adjust to new tastes and textures while maintaining their regular milk feeds.

7am	Wake & Milk Feed. Make sure that this first feed of the day is in the light. Dress baby afterwards and start the day
9am-10am	Nap 1 - Prep at 8.45am This nap is ideal to be had in the buggy as a start to outdoor time. If baby takes a little while to drop off, use 10.30am as a cut-off time
10am	Wake and Milk Feed
10am-11.30am	Outing/ Activity/ Floor Time
11.30am	INTRODUCE SOLIDS! Offer top up with a small milk feed after
12.30pm-2.30pm	Nap 2 - Prep at 12.15pm If this nap was under 1 ½ hours in length, then bring Nap 3 earlier and add 15-minutes on to this to compensate
3pm	Milk Feed
3.15pm-4.15pm	Outing/ Activity/ Floor Time
4.30pm-4.45pm	Nap 3 The latest time for this nap to finish is 5pm. 2-hours to be had from the end of this nap until bedtime. This nap is ideal taken as a contact nap
5pm	SOLIDS (week 2 of weaning)
6pm	Bath & Bedtime Routine
6.30pm	Milk Feed
6.50/7pm	Bedtime

When Should You Start Weaning? Is Your Baby Ready?

Weaning is an exciting milestone in your baby's development! It typically begins around **5 to 6 months of age**, though in some cases, it may be introduced as early as **17 weeks** under the guidance of a paediatrician. Until this point, breast milk or formula provides all the necessary **calories, nutrients, and immune-boosting properties** your baby needs.

At around **6 months**, your baby's **iron stores**, which they acquired in utero, begin to **deplete**. Since iron is essential for **cognitive development and red blood cell production**, introducing iron-rich foods, such as vegetables and fruits, alongside milk feeds helps support this transition. The digestive system also **matures** around this time, making it easier for babies to process solid foods.

Some healthcare professionals suggest that **renal (kidney) and gastrointestinal (digestive) function** are sufficiently developed by **4 months**, allowing babies to tolerate small tastes of solids. However, milk should remain the **primary source of nutrition** throughout early weaning and only wean this early if advised by a paediatrician.

Signs Your Baby is Ready for Weaning

1. Head and Neck Control

Your baby should be **alert and able to hold their head steady**. When seated in a highchair, they should be able to maintain an upright position without slumping over. **Strong neck and core muscles** are essential for safe swallowing and preventing choking.

2. Hand-Eye Coordination

Weaning is a sensory experience! Babies naturally explore new flavours by bringing their hands to their mouths. When spoon-fed, they may use their hands to touch and smear the puree, which helps them **process the new texture and taste**. If you're considering **baby-led weaning**, your baby should have enough coordination to **grasp soft foods** (such as par-boiled vegetables) and bring them to their mouth.

3. Interest in Your Food

Babies often **watch intently** as their parents eat, sometimes reaching for food or becoming vocal and excited at mealtime. This curiosity is a great sign that they are ready to begin their **own feeding journey**.

4. Sitting Up Independently

Eating requires a good posture! Your baby should be able to **sit upright with minimal support** to ensure they can swallow safely. Since highchairs are designed for long-term use, consider using a **highchair cushion** for added stability. While slight leaning and turning are normal, your baby should be able to sit upright when looking in one direction.

5. Dissatisfaction After Milk Feeds

If your baby still seems **hungry** and unsatisfied after a full breast or bottle feed, they may be ready for solids. You might notice this pattern around mid-morning or lunchtime, making it an ideal time to introduce their first puree.

6. Increased Night Wakings

If your baby previously slept well but has **suddenly started waking more frequently**, it may be a sign that they are **hungrier** and ready for additional nutrients. However, before assuming hunger is the cause, consider other factors:

- **The Four-Month Sleep Regression** – At around **4 months**, babies transition to an **adult-like sleep cycle**, experiencing **four sleep stages** instead of three. This development is often mistakenly seen as a regression when, in fact, it's a **progression** in sleep maturity.
- **Growth Spurts** – Babies go through rapid growth around **4-5 months**, which temporarily increases their hunger for **milk feeds**.
- **Teething** – Some babies **begin teething as early as 3-4 months**, which can cause discomfort and more frequent night waking.