

6-month-old baby led weaning



SCHEDULE



7am	Wake & feed (milk)
8am	Breakfast (solids) Try offering: Banana, sliced berries, toast fingers, hardboiled or scrambled eggs sliced into strips, french toast sliced into strips
9.30am	Nap
10.30am	Wake & milk feed
12midday	Lunch (solids) Try offering: Cooked carrot or parsnip sticks, roasted sweet potato wedges, gently cooked & sliced apple & pear slices, sliced berries & yoghurt
12.30pm	Milk feed
1pm	Nap
3pm	Wake up
4pm	Milk feed
5pm	Short nap
6.30pm	Bathtime
7pm	Milk feed & bedtime



This weaning schedule is based on introducing solids at breakfast first and then lunch a week later. There's no rush to start all three meals however and you can do this at your own pace.