

Top tips for healthy weaning



Get equipped! Your baby's first cup should be open or free-flow as it's much better for their teeth.



Wait until they're around 6 months old as they'll be able to cope better with solid food.



Start off with single fruits and vegetables and slowly work your way through a variety of flavours & textures.



Just because your baby pulls a face, doesn't mean they don't like what they're tasting. They're just getting used to new flavours and textures.



Search 'Start4Life' for more helpful tips and guides on weaning, oral health and much more.

**A LITTLE TRIP
TO THE DENTIST**

Take a little trip to the dentist as soon as possible, even before teeth come through, for more useful advice on how to grow your baby's best smile.