

My baby is waking in the night, I'm exhausted.

Waking doesn't necessarily mean baby is hungry. It can be a sign that babies are developing their interest and awareness of their surroundings. They notice separation when mum isn't there.

TASSF 2

I didn't wait until 6 months with my first child, why has the advice changed?

We now have a better understanding about babies' developmental readiness for starting to eat solid foods. There are health advantages to starting later, for example less risk of infection, allergies and babies becoming overweight

TASSF 3

My baby is putting his fist in his mouth and always watching me eat

Babies explore the world with their mouths and hands, this is how they develop new skills. This is not necessarily a sign of hunger or readiness to eat. Babies are interested in what others are eating and doing.

When they are ready for starting solid foods, sitting them with you when you eat will encourage them to copy you and they will enjoy the social occasion of eating with the family.

TASSF 4

My baby isn't putting on as much weight as she did before

Babies weight gain does slow down at about 4 months, this is a normal healthy pattern of growth.

TASSF 5

The labelling on the jars and packets say from 4 months

Commercial food manufacturers are trying to market and sell products. Many people start their babies on solid foods earlier than they need to. After 6 months there is no need to puree foods or use jars of manufactured baby foods as babies are able to eat mashed food and pieces of soft food. They can share most of the food you eat, provided you avoid foods high in salt and sugar and honey under 1 year.

TASSF 6

My baby won't learn to chew if I don't start solid foods until she is 6 months old

Babies learn to chew when they are ready, it is a developmental skill which can not be hurried. BUT babies do need to be given lumpy foods before 10 months

TASSF 7

My baby is no longer satisfied at the end of a feed

Babies around this age are interested in what's going on around them and often easily distracted when they feed, so they don't take as much milk. They may catch up by feeding at night when it's quiet.

Sometimes we are more casual about breastfeeding older babies and they aren't so well attached or they jiggle and end up taking less milk.

TASSF 8

My baby needs something more to satisfy her hunger

Breastmilk and infant formula are more nutritious than almost all the foods we give to babies when they start solid foods. If we fill up babies tummies with baby rice, pureed carrot etc they feel full and take less milk. Breastmilk and infant formula will provide many more calories and nutrients.

TASSF 9

I want my baby to start solid foods so that I can stop breastfeeding.

Breastmilk contains factors which help babies digest foods and continues to provide antibodies and protection for babies health beyond the first 6 months.

Breastfeeding alongside introducing solid foods means that babies can move onto solid foods at their own pace, because they can still get most of their nutrition from breastmilk

TASSF 10

I want my baby to get used to solids before I go back to work.

Babies at 4- 5 months are developmentally very different from babies around 6 months. When you go back to work at 6 months, your baby will be much more ready to start solid foods and get used to them more quickly. Babies under 9 months still get most of their nutrition from breast or infant formula milk.

TASSF 11

This baby led feeding is just the latest fad

Baby-led feeding of solid foods is about letting babies decide how much they eat so that we don't overfeed babies.

Letting babies self regulate means they are better at knowing when they have "had enough" when they are older. This could help prevent over eating and obesity

TASSF 12

My baby's a fast developer, he's ready to progress to more than just milk

Babies are ready for solid foods at their own pace, just as they will be ready to crawl, walk or talk at their own pace. What makes you think he is ready?

TASSF 13