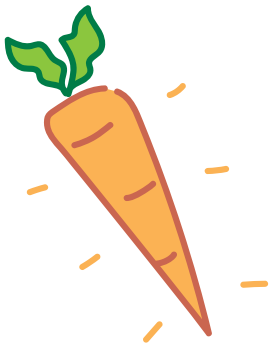
What is weaning?

Weaning, also known as introducing solid foods or complementary feeding, is the gradual process of offering solid foods alongside a baby's usual milk feeds. It plays a vital role in developing a baby's oral motor skills, which support later feeding development. Weaning also introduces new tastes, textues, and essential nutrients that milk alone cannot provide.



Weaning can be broken down into three key stages: stage 1, stage 2 and stage 3.

While the timings and precise ages of each stage aren't crucial, breaking it down in this way can help guide the weaning process.

Stage 1 Stage 1 weaning is all about the first tastes and typically starts at around 6 months.

Stage 2 Stage 2 builds on these first tastes and includes more variety of flavours and textures. This might happen at around 7-9 months, but it's important to follow the baby's lead and allow them to guide the pace of the weaning schedule.

Stage 3 Stage 3 weaning refers to the last few months before a baby's 1st birthday, when they are becoming more established on 3 meals a day and are beginning to explore family foods with more complex flavours and textures.

The gradual nature of weaning means that a baby can transition from stage 1 to 2 to 3 at a pace suited to them. There is no one-size-fits-all approach, and it is normal for progress to vary from one baby to the next. Our weaning resources aim to support you in navigating this important milestone with confidence.

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