Weaning: a two-week starter plan

One example from Mother and Baby SG, built on HPB and KKH advice.

Follow your baby's pace over any day on this plan.

Before you start

- Your baby is about 6 months old, and never under 4 months
- Sits up with support and holds the head steady
- Opens the mouth for a spoon and closes the lips around it
- Watches your food or reaches for it

The daily rules

- One meal a day, milk feed first
- Start with 1 to 2 teaspoons, build toward 1 to 2 tablespoons
- Smooth, a little thicker than milk
- One new food every 3 to 4 days

Days 1 to 7

- Days 1 to 3: smooth pumpkin puree
- Days 4 to 7: plain rice porridge, blended smooth, with pumpkin stirred in

Days 8 to 14

- Days 8 to 10: cooked spinach pureed into the porridge
- Days 11 to 14: steamed fish, every bone out, flaked and blended in

Day 15 onwards

- Well-cooked egg, mashed smooth
- Then peanut, fish, shellfish, soy, wheat and dairy, one at a time
- 3 to 4 days between each new food
- Family history of severe allergies? Ask your doctor first

Watch for a reaction

- Hives, worse eczema, a swollen face or lips, watery stools, vomiting: see a paediatrician straight away
- Difficulty breathing or fainting: call 995

Keep every meal safe

- Sit your baby upright in a high chair
- Stay at the table for the whole meal
- No whole nuts, whole grapes, raw carrot, hard sweets or fish bones
- Cut round foods like grapes into quarters lengthwise