

IS YOUR BABY READY TO START WEANING?

A short, gentle checklist to help you feel confident about the signs, not the dates on a calendar



BY
TINY HANDS
BABY MASSAGE



Welcome

If you've found yourself googling this ... a lot, you're not alone.

Weaning is one of those milestones that comes with a lot of noise... different opinions from family, friends, and the internet, all telling you something different.

This isn't about rushing your baby to a deadline. It's about knowing what to actually look for, so you can feel sure rather than guessing.

I'm Amanda, founder of Tiny Hands Big Adventures here in North Yorkshire, with over twenty years' experience working with babies and young children. I've put together what I know to be the signs that actually matter.

Everything in this guide comes from experience and early years training... not medical training, so your health visitor or GP is always the best person to ask if you're unsure about anything.

Amanda X

SIGNS TO LOOK FOR

Sitting up and holding their head steady

- Can sit with minimal support for a few minutes
 - Head doesn't loll forward or to the side
- Stays upright in a highchair without slumping

Coordinating eyes, hands and mouth

- Reaches for objects with reasonable accuracy
 - Brings toys to their mouth on purpose
- Picks up small items and watches them with intent
- Shows they can aim food towards their own mouth

Swallowing rather than pushing food back out

- No longer automatically pushes a spoon or food straight back out with their tongue
- Can move food around in their mouth instead of spitting it out immediately
- Isn't constantly drooling everything straight back out

BEFORE YOU GO

This guide is for general guidance only. It isn't medical advice and isn't intended to replace anything your health visitor or GP has told you.

Every baby is different, so do trust your own instincts, especially if your baby was born early, has any health conditions, or you simply have a question. Your health visitor, GP, or NHS 111 are always there if anything doesn't feel right.

If you'd like more of this kind of thing along the way, why not join my mailing list... that's where I share mailing list only discounts and free downloads, plus what's coming up in classes.



From my little village to yours,
with love,

Amanda

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Tiny Hands Baby Massage