

Weaning

For babies and toddlers, we feel it is very important to us that we work closely with parents during this special time and discuss your child's taste experiences and likes/dislikes. We are parent-led and follow the pattern you and your baby set. We can offer advice from the latest guidelines and our experience. Initially we advise starting with first foods from 6 months, then finger foods and progressing onto soft cooked solid food.

Our highly qualified cooks are trained to ensure portion size and consistency of the baby's food are correct. It's a really important step in their development, and it can be great fun to explore new flavours and textures together. To begin with, how much your baby takes is less important than getting them used to the idea of eating. They will still be getting most of their nutrition from breast milk or infant formula.