WEANING AND INFANT FEEDING

Weaning is the process whereby feeding baby from the breast or a bottle is replaced by the use of unmodified cow's milk and other suitable foods. This means introducing the baby gradually to foods other than milk.

The following are important facts about infant feeding at different stages of development:

i. For up to the first six months, breast milk and milk preparations are adequate sources of nourishment for a baby.
ii. After four to six months and for the rest of the first years of life, weaning foods are required. These include gruel prepared from cereals such as corn or millet. Weaning foods can also be prepared from meat or chicken broth, fruits, vegetables and other staple food by cooking, pulping and sieving to produce a smooth paste or puree.
iii. By the age of 12 months the infant should be introduced to wider range of suitable foods. They should be well cooked and mashed. The child should be able to use spoon.
iv. By the age of two years, the child should be able to eat with other family members. He should however, have the best of the family food.