



NUTRITION TIPS

Weaning Your Child

Weaning is a process in a baby's natural development stage when he or she transits from breast milk to other sources of nourishment, to fulfill his or her growing nutritional needs.

At this stage, many mothers have mixed emotions about their baby's development. They feel that it negatively impacts on the crucially important mother-baby bond established during breastfeeding.

Weaning need not be the end of this intimacy between you and your baby since it is just a time to replace breastfeeding with other nourishments and nurturing activities. To sustain this intimacy, you should engage yourself in fulfilling activities like reading a book or singing songs with your child.

Weaning your Child: When?

The most important part of the weaning process is recognizing when your child is ready for it. You are the only one that can determine when this will be, although it is

recommended that you breastfeed your child for at least a year.

You know the time has come to start weaning your child when he begins to give signals like demanding for more frequent milk feeds, when he begins to put things in his mouth, when his weight gain slows or levels out without a period of illness to explain it or when, having previously slept throughout the night, he suddenly starts waking up hungry at night. Even when these signals become apparent, it is important that you make the process gradual. If however you are the one initiating the weaning process you will need to be patient with your baby because how well and how quickly he adjusts will depend on his age.

Getting started on Weaning Your Child

When you are ready to start the weaning process, the first thing you will need to do is start to get your baby familiar with foods other than breast milk. Try feeding him with one small teaspoon of a simple food

every day until he starts looking for more. Then gradually increase the amount of food over the next few weeks, even as you continue with breast milk, and slowly bring in new ingredients. Avoid sitting in your usual nursing spots or wearing your usual nursing clothes and start using part of the old breastfeeding time to engage him in fun play activities.

Ensuring a Balanced Diet While Weaning

To ensure a balanced diet while weaning your baby, you need to ensure that his diet contains carbohydrates, proteins, fats, minerals and vitamins.

Ensure that you give your toddler milk, because this will provide him with calcium and vitamin D that will help him build strong bones. You should also give him Peak 123 Growing-Up-Milk, this will supply him with all the dietary fat he needs for normal growth and brain development. Also, give him mashed fruits (since these are palatable and easy to digest), vegetables, mashed potatoes, boiled eggs and white fish.

* For more information on child nutrition

Visit the Olu Akinkugbe Foundation
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10.00 am - 12 noon and 2.00 pm - 3.30 pm.
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