

How to proceed to weaning

Growth		Start weaning	Taking care of the kid's condition and growth			Finish weaning
		5~6months old Start from once a day. Then from one month later, twice a day.	7~8months old Twice a day.	9~11month old 3times a day.	12~18month old 3times a day.	
Frequency of bottle milk or mother's milk		Baby food must be first. After giving baby food, give milk as much as the baby wants on the rhythm of hungry and full.	Baby food must be first. Give milk as much as the baby wants on the rhythm hungry and full. The bottle milk or mother's milk should be around 3times a day.	Baby food must be first. Give milk as much as the baby wants on the rhythm hungry and full. The bottle milk or mother's milk should be around 2times a day.		Giving milk is going to be ended little by little. Switch to the baby food gradually according to the baby condition.
Hardness of baby food		Smooth mashed state as same as yogurt.	Hardness that baby can crush by tongue as same as tofu.	Hardness that baby can crush by gum as same as banana.		Hardness that baby can chew by gum or can stab fork easily as same as meet-ball.
The recommended amount for each time						
1 回 当 た り の 目 安 量	I	grains (g)	Very soft watery cooked rice Little bit.	Watery cooked rice 50~80g.	Watery cooked rice 90g or softly cooked rice 80g.	Softly cooked rice 90g or normally cooked rice 80g.
	II	Vegetables fruits (g)	Grated vegetables, fruits little bit.	20~30g	30~40g	40~50g
	III	fish (g)	Smashed tofu, fish or porched egg-yolk, etc. Little bit.	10~15g # fish having white flesh, red flesh.	15g # fish having white flesh, red flesh, blueback.	15~20g
		meat (g)		10~15g # meat low fat.	15g	15~20g
		tofu (g)		30~40g	45g	50~55g
	eggs	Yolk 1 ~ egg one third	Egg one half	Egg one half ~ two thirds		
Dairy products (g)	50~70g # yogurt, cheese low fat low salt, etc.	80g	100g			

Point of weaning

- When you give baby new food, start from just one weaning spoon and add to the food from the second time gradually with checking the baby's condition.
- You don't need to use any seasonings for beginnings. In case of you use seasonings after the baby used to the taste, it should be just a little. You should cook baby foods in bland taste.
- In the time while having baby foods two times a day, staple food, vegetables, fruits, protein foods should be combined.
- In case of taking mother's milk mainly, you should give foods which is rich in iron, vitamin D, etc, to the baby deliberately.
eg. Red flesh fish, meat, yolk, green-yellow vegetables, etc. # You should use childcare milk as baby food.
- In case of you can't wean well or can't see the baby's weight increasing, you should give follow-up-milk to the baby after the baby grew up 9 months old.
- If you want to use commercial baby food for the baby, you need to confirm the name and materials. Because the baby food should be suitable for age of the baby.



Caution

- Never give honey until the baby became one year old because of botulinus.
- It is desirable to give milk after one year old.

Sanitary point

- Wash your hands when you cook.
- Baby food must be cooked. # never use raw food.
- Never give the baby leftover food and also food cooked in advance.