

Things to keep in mind when weaning

- Weaning should begin when your baby is **5-6 months old**.
- Basically, weaning food does not require seasoning.
- Honey can cause “infant botulism” and should not be given until your baby is **one year old**.
- Start with 1 spoonful of baby food. Grains (porridge), vegetables, and proteins (white fish and tofu) should be given in that order.
- After about one month of weaning, start your baby on two meals, with the second meal being about 1/3 the size of the first meal.
- Eggs can be given to babies when they are **about 5-6 months old**. Once your baby is accustomed to eating white fish and tofu, start with **egg yolks**, which are less likely to cause allergic reactions.
- Dairy products should be given **around 7-8 months of age**. Cow's milk should not be given as a drink until after your baby is **one year old**.
- The progress of weaning should be adjusted according to your baby's appetite and growth/developmental status. Refer to the growth chart in the mother-child handbook.

~Baby Food Training Course~

We offer weaning classes. Please feel free to join us.

- **Place** : Imabari City Central Health Center
- **Contents** : Lecture by a nutritionist and sampling of baby food
- **Capacity** : 12 pairs (Reservation required, first come first served)

If you wish to attend, please register by phone or through the childcare support app “Boshimo”.

No childcare is provided. If you are unable to leave your child with a family member, you may attend the workshop with your child. If you are attending with your child, please bring a bath towel for your child to lay on.

Please refrain from participating if you are not feeling well.

◆Contact information

Imabari City Central Health Center
TEL : 0898 – 36 – 1533