



Weaning Policy and Procedure

Westside Day Nursery believes that all children thrive when they are well nourished.

Aim

We aim to work with you the parents to identify and support the child's individual dietary needs

Method

- We will discuss with parents when a child is ready to start weaning.
- We will find out the child's dietary needs and preferences –including allergies.
- Information about dietary needs / allergies is recorded on the child's registration form.
- Parent / carers are responsible for informing the setting of any changes
- For the first stage of weaning children's food provided by the setting will be pureed – i.e. fruit and vegetables
- When the child is ready small lumps will be introduced
- Meals will then be mashed leaving larger lumps
- Gradually meals will increase to three a day with the child's milk intake decreasing
- At approximately one-year old full fat milk will be introduced.

History

Rev.no.	Date	Description of revised issues
1	30/11/2016	Initial Revision
2	01/11/2017	No changes to content.
3	01/11/2018	No changes to content.
4	01/11/2020	No changes to content.

This policy has been approved and authorised by:

Author	Approved By	Authorised By	Revision No.	Valid From
Vicky Gray	Vicky Gray	Sarah Russell	4	01/11/2020

This document has been electronically approved; hence it contains no signature(s).