

When to start weaning?

- The World Health Organization and Department of Health and Children recommend that Mothers should exclusively breastfeed their babies for the first six months of life^{1,2}. Breastmilk is best for babies, providing all the nourishment they need up until 6 months and beyond.
- The Department of Health and Children² recommend introducing solids from six months of age for babies who have been exclusively breastfed.
- For Bottlefed babies it is advised that solids should be introduced between four and six months of age.
- Early introduction of solids is not recommended - The European Society of Pediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN) Committee on Nutrition published a review paper on infant feeding³ and concluded that the introduction of solids should not be introduced before 17 weeks and not later than 26 weeks.

It is important that all babies are managed on an individual basis to ensure adequate nutrition and growth⁴.

¹ World Health Organisation 2001. Report of the expert consultation of the optimal duration of exclusive breastfeeding

² Department of Health and Children. Infant Feeding Recommendations 2003.

³ Agostoni C, et al. Complementary Feeding: A Commentary by the ESPGHAN Committee on Nutrition. Journal of Paediatric Gastroenterology and Nutrition 2008; 46: 99-110.

⁴ Food Safety Authority of Ireland (1999). Recommendations for a National Infant Feeding Policy.