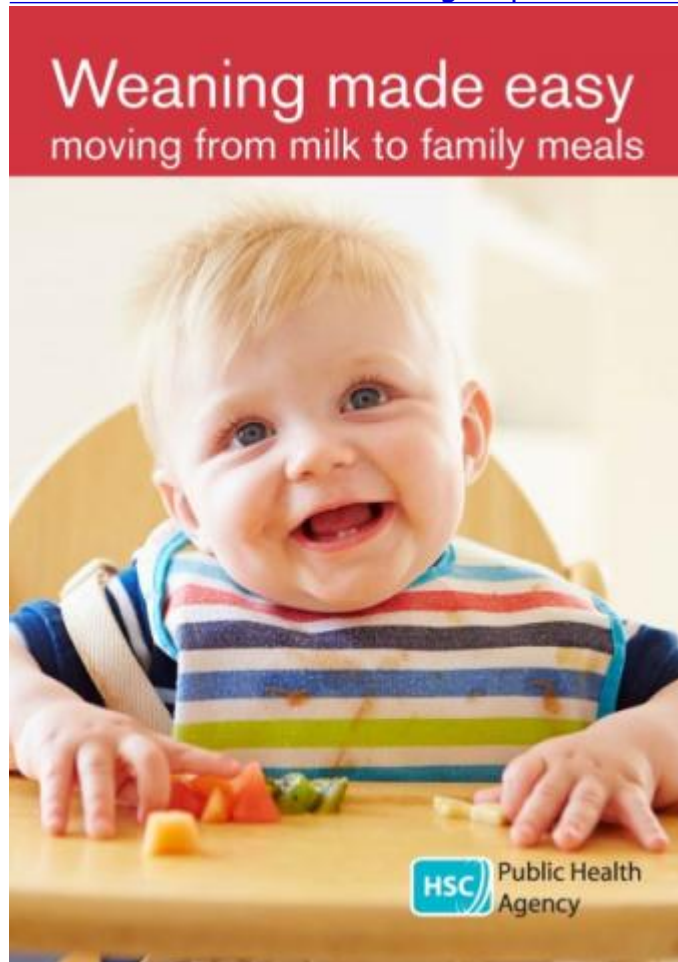


Tuesday, 24 March 2026

[Health and Social Wellbeing Improvement](#)



As a parent, you want the best start for your baby. What your child eats and drinks is important for their health now and in the future. The information in this leaflet may be quite different from what you have read before, or what your friends or family may tell you they did. New research is constantly being carried out into infant nutrition and the information and advice in this leaflet is based on up-to-date scientific evidence. It will help you make sure that your child is getting a good start. This has been updated to include new advice on halving small fruits and vegetables like grapes and cherry tomatoes.

Details

Format

A5 24 pages

Target group

Parents

Downloads

| Attachment | Size |
|---|-------------|
| Weaning made easy 2026 | 585.79 KB |
| Weaning made easy 2022 Arabic.pdf | 4.49 MB |
| Weaning made easy 2022 Irish.pdf | 1.48 MB |
| Weaning made easy 2022 Lithuanian.pdf | 690.03 KB |
| Weaning made easy 2022 Polish.pdf | 707.9 KB |
| Weaning made easy 2022 Portuguese.pdf | 735.85 KB |
| Weaning made easy 2022 Romanian.pdf | 695.38 KB |
| Print | |