

# Weaning your premature baby

## Many parents ask us...

"When will my baby be ready for solid food? They were born so early..."

Babies can show signs when they are ready for solid foods.



Support themselves in a seated position. Premature babies might need extra support.



Hold their head in a stable position.



Show an interest in other people eating.

## See if your baby can...



Lean forward and open their mouth towards a spoon or food.



Put things to their mouth and make munching, up and down movements.



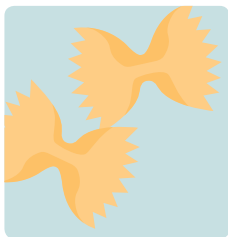
Your baby might show one of these signs first, but it is recommended to wait until you see a few before starting weaning.

**Bliss**  
for babies born premature or sick



Visit [bliss.org.uk/weaning](https://bliss.org.uk/weaning) for more information on:

- How to start weaning
- What foods and drinks to give
- How lumpy food should be
- Food allergies
- What to do if your baby refuses food



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