

# Meal schedule for babies

Month

Month

1		1
2	<p><b>1. Only milk: mother's milk is best</b></p> <p>Babies will need formula in the first year if the mother does not breastfeed.</p>  	2
3		3
4		4
5		5
6	<p><i>Time for the first spoon of vegetable purée</i></p> <p><b>2. Continue to breastfeed + complementary food (baby food)</b></p> <p>Babies start to want baby food from the start of the 5<sup>th</sup> to the 7<sup>th</sup> month.</p>  	6
7		7
8		8
9		9
10	<p><b>3. Transition to family meals</b></p> <p>Babies will want to start eating by themselves towards the end of the 1<sup>st</sup> year of life. The mother and child decide when breastfeeding should stop.</p> 	10
11		11
12		12