

Weaning Your Baby Safely



Introducing solid food to your child around the age of 6 months old*:

- Provides essential nutrients for your child's development that cannot be obtained from milk alone, such as iron and Vitamin C.
- Allows your child to experience different tastes and textures.
- Swallowing thicker textures helps to develop the muscles for speech development.

*The introduction of complementary food should occur around 6 months, but not earlier than 4 months, as earlier introduction may increase the risk of food allergies and excessive weight gain.

Choking occurs when food or small objects get caught in the throat and block the airway. It is a major issue as it can prevent adequate oxygen from getting to the lungs and the brain.

WARNING: CHOKING IS AN EMERGENCY!

When the brain goes without oxygen for more than four minutes, brain damage or even death may occur.



Food:



Nuts and seeds



Fish and meat with bones



Whole grapes



Peanut butter (spoonfuls)

Household items:



Rubber bands



Coins



Marbles



Stuffings in bean bags/toys

[See here for more choking hazards.](#)

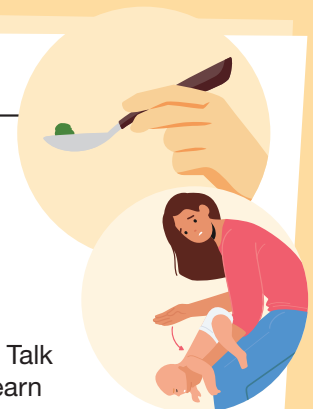
How you can lower the risk of your child choking:



- Avoid distractions and remind your child not to play, talk or laugh while eating and swallowing.
- Avoid feeding them when they are crying and/or not sitting upright.



- Cut food into smaller pieces to prevent them from being choking hazards.
- Have your child sit in a high chair during meals.
- Learn basic life-saving techniques. Talk to your child's doctor or nurse to learn what to do if your child chokes.



Always supervise your child when eating.



Scan to find out more at
Parent Hub
go.gov.sg/info-ph-4