

# Weaning Your Baby Safely



## Benefits of introducing solid food to your child by 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.

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



Whole grapes



Fish and meat with bones



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.**



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