



9 November 2022

Client Name: Tommi Cooney (Parents: Zoe & Joel) **DOB:** 14/7/22**Reason for Visit:** Advice on introducing solids at 4 months

RECOMMENDATIONS

1. **General guidelines for introducing solids are at 6 months old** (give or take a week or two either side). Each baby is different but signs that gut and immune system is ready include:
 - Ability to sit unassisted
 - Shows interest in the foods that you eat (reaches for, watches, gestures, sounds)
 - Tongue-poke reflex has gone
2. **Choose good quality ingredients and whole foods** such as organic/grass-fed (where possible), cook from scratch, avoiding added salt, sugar and processed foods.
3. **Introduce new foods slowly, one at a time every three days**, to monitor for allergies (particularly important for the most common allergenic foods. See this link for more information on how to introduce common allergy foods and what to watch out for. https://www.allergy.org.au/images/pcc/ASCIA_PCC_How_to_Introduce_Solid_Foods_FAQ_2020.pdf)
4. **Aim to introduce a wide variety of foods by 12 months** to encourage diverse acceptance and tolerance. This includes common allergy foods e.g. egg, peanut, cow's milk, tree nuts, soy, sesame, wheat, fish, shellfish
5. **Stay calm** when offering food/new foods. Allow time to explore with taste, hands. Allow to 'make a mess', to play. Refrain from 'forcing' in, cleaning up too soon. Expect a lot of waste to begin with. Keep breastfeeding/formula going as per guideline below.
6. Follow Tommi's lead, if he refuses a food in one form eg puree, he might prefer it as a soft finger food - check out Baby-Led-Weaning by Gill Rapley & Tracey Murkett for more on this approach.

Month-by-Month Suggestions

First foods	Breastfeeding/Formula most important. Initially, offer solids between breastmilk/formula feeds.	<ul style="list-style-type: none">• Pureed vegetables (carrots, fresh beetroot, sweet potato, zucchini, pumpkin, squash, parsnip) mixed with ghee, butter or coconut oil

6 months	Less able to get all nutrients need from breastfeeding/ formula so solids need to be introduced slowly. 2-3 meals per day. Smooth foods/ purees.	As above plus: <ul style="list-style-type: none"> • Well cooked egg yolk (no white), • Pureed meat, • Organic liver (pre-frozen for 14 days - can be grated frozen and mixed into meat or egg yolk) • Pureed dried apricots (non sulphur - usually the black ones), • Coconut Oil, Ghee, • Homemade chicken stock/soup broths - mixed with pureed meats and veg or offered as a drink. • Homemade lacto-fermented root vegetables (carrot, sweet potato, beetroot)
8 months	Lumpy + finger foods. From 9 months, 3-4 meals/ day with 1-2 'snacks' if required as get older. Continue breastfeeding/ formula. May choose to reduce night breast/bottle Offer water from a cup.	<ul style="list-style-type: none"> • Full fat dairy eg cheddar cheese, cottage cheese, cream, home made custard, plain yoghurt, kefir (save cows milk until closer to 12 mths) • Avocado chunks • Banana pieces (watch for constipation) • Grains, including quinoa, millet, brown rice, buckwheat, wheat, oats (presoak in water/yoghurt or raw Apple Cider Vinegar to activate enzymes & deactivate phytates. Cook well with plenty of water to make soft & easy to digest)
12 months	All textures. All 'family' meals. Breastfeeding may continue as long as needs and demands alongside 'family' meals.	<ul style="list-style-type: none"> • Soaked & well cooked gluten containing grains (wheat, spelt, rye, barley, oats, triticale, cous cous) • Soaked and well cooked legumes • Cooked whole egg (just before 12 months) • Citrus fruits • Raw leafy green and salad vegetables • Tahini • Herbs for seasoning (from 10 months) • Honey is not recommended for under 12 months

If you need any more detail/recipe ideas, please

PRESCRIPTION FOR SUPPLEMENTS

Activated Probiotics Biome Baby Probiotic 1 sachet per day (mix in formula, breastmilk, water or sprinkled on/in food).

Script valid for 3 months. Do not exceed recommended dosage. Take supplement strictly as directed. Please inform Julie Landon if there are any changes to your health or changes to medication/treatments from another health practitioner. If you have any issues or questions, please consult with Julie Landon.

How to Order

Probiotics to be ordered via Vital.ly. A patient account has been set up for Tommi. You will receive an email with instructions on how to complete account set up and ordering the prescribed product. Any questions, please ask.