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		The information listed below is only intended to be a guideline. Adjust according to the needs, growth and development of your child.			
		Stage 1 Approx. 5-6 months after birth	Stage 2 Approx. 7-8 months after birth	Stage 3 Approx. 9-11 months after birth	Fully weaned Approx. 12-18 months after birth
Guidelines for number of weaning meals and feeding times	Once a day	Twice a day	Three times a day	Three times a day + snacks	
	10am	10am and 2pm	10am, 2pm and 6pm	7am, 10am (snack), 12pm, 3pm (snack) and 6pm	
Feeding guidelines	<ul style="list-style-type: none"> <li>● Start with 1 spoonful, once a day. Adjust according to the baby's needs.</li> <li>● Only give breast milk or infant formula when the baby wants it.</li> </ul>	<ul style="list-style-type: none"> <li>● Gradually progress to eating two meals a day.</li> <li>● Gradually introduce a variety of foods so the baby can enjoy different tastes and textures.</li> </ul>	<ul style="list-style-type: none"> <li>● Gradually progress to 3 meals a day to build a mealtime routine.</li> <li>● Show meals are fun by eating together.</li> </ul>	<ul style="list-style-type: none"> <li>● Adjust daily routine to incorporate 3 meals a day.</li> <li>● Let the baby to pick up food so they can have fun eating independently.</li> </ul>	
<b>Portion size guidelines</b>					
I	Grains (g)	Start with thin rice porridge (1 part rice to 10 parts water). Also try pureed foods such as vegetables.	Rice porridge 50g-80g (1 part rice to 7 parts water)	Rice porridge 90g/Soft cooked rice 80g (regular rice porridge, 1 part rice to 5 parts water)	Soft cooked rice 90g/Regular cooked rice 80g (Soft cooked rice, 1 part rice to 3 parts water)
II	Fruits and vegetables (g)	Once the baby has gotten used to these, try other foods such as mashed tofu, white fish and eggs.	20g~30g	30g~40g	40g~50g
III	Fish (g)		10g~15g	15g	15g~20g
	Or meat (g)		10g~15g	15g	15g~20g
	Or tofu (g)		30g~40g	45g	50g~55g
	Or eggs (g)		1 egg yolk~1/3 of a whole egg 	1/2 of a whole egg 	1/2 ~2/3 of a whole egg 
	Or dairy products (g)	50g~70g	80g	100g	
Consistency of food	Soft, mashed foods (similar to thick soup)	Soft enough to mash with tongue (similar to tofu)	Soft enough to mash with gums (similar to banana)	Soft enough to chew with gums (similar to meatballs)	
Size guidelines *Photos are for reference only.					
Stage of baby tooth development	Baby teeth begin growing.		Eight front teeth have grown in around the age of 1. Back teeth have started growing in around 15 months.		
Skills your baby learns	Able to close mouth, take in food and swallow. 	Able to mash food between tongue and roof of mouth. 	Able to mash food with gums. 	Able to use teeth. 