



Weaning Policy

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Description: This policy outlines the Prep School's weaning of babies and young children in the Nursery.

OUR SCHOOL AIMS

- ❖ *To be a safe and trusted foundation for our pupils to achieve their individual academic, social and creative potential.*
- ❖ *To cultivate the skills, knowledge, self-awareness and academic credentials our pupils will need to confidently meet the challenges of our rapidly changing world.*
- ❖ *To instil and nurture a strong sense of social responsibility, integrity and environmental awareness so our pupils positively contribute to a sustainable and just society.*
- ❖ *To guide each pupil in the discovery, delight and development of their individual gifts, talents and character.*
- ❖ *To create and sustain an inclusive and contemporary school culture, where diversity, difference and individuality are recognised and celebrated.*
- ❖ *To prioritise physical and emotional wellbeing across every facet of our school community.*

1.0 INTRODUCTION

To ensure the safety and welfare of the children in our care this policy outlines the protocols for the process we adopt to weaning of young children in Nursery at Lingfield College Prep School.

2.0 WEANING PROCESS

- 2.1 Weaning is the process of moving a baby from a milk-only diet to a complex diet containing a variety of foods and ingredients, similar to what we eat as adults. It is a huge learning process for babies, which develops new skills, such as biting, chewing and hand-eye coordination. Children are often introduced to new foods at six months, this recommended by the NHS. <https://www.nhs.uk/start-for-life/baby/weaning/>
- 2.2 According to the NHS, there are three clear signs that your child may be ready to start weaning, these are:
- Stay in a sitting position, holding their head steady.



- Coordinate their eyes, hands and mouth so they can look at their food, pick it up and put it in their mouth.
- Swallow food

When your child shows readiness, we will discuss the weaning process with you so your child can begin enjoying a wider range of foods and starting their food journey.

- 2.3 Some parents may have a preference when introducing foods, either baby-led weaning or a blended approach whereupon a child can enjoy both finger foods and pureed foods working towards more solid foods. It's important for this process to be shared and agreed as our priority is to ensure your child has varied and broad balanced diet with rich varied nutrients.
- 2.4 The attached appendices provide guidance for the weaning process and collects information to support the child's early experiences with food. It is imperative these forms are completed and shared with the parents and the catering department, so children are given the appropriately prepared foods for their age/stage of development.

3.0 EARLY BOTTLES

- 3.1 Feeding times will be seen as an opportunity for bonding between practitioner and child and where possible fed by their key person.
- 3.2 Where food/milk is prepared for babies there is a separate area within the kitchen which is specifically designated for this preparation. Handwashing is completed before preparation is undertaken.
- 3.3 Bottles of formula milk are only made up as and when the child needs them. These should be cooled to body temperature, which means they should feel warm or cool, but not hot, ensuring they are an appropriate temperature for the child to drink safely.
- 3.4 Bottles are only made following the instructions on the formula, using a bottle machine. If during the making process there are discrepancies, a new bottle will be made.
- 3.5 All new staff and students will be shown the procedure during their probation and guidelines are shared during their induction. Staff should be trained appropriately so they are competent and confident before preparing formula milk for children.
- 3.6 Following the Department of Health guidelines, we only use recently boiled water to make formula bottles (left for no longer than 30 minutes to cool). We do not use cooled boiled water that is reheated.
- 3.7 Bottles and teats are thoroughly cleaned and sterilised after use and replaced frequently and/or when they are damaged.
- 3.8 Contents of bottles are disposed of after two hours.
- 3.9 Babies are never left propped up or laid in a cot with bottles as it is both dangerous and inappropriate.
- 3.10 Should mothers who wish to breastfeed their babies or express milk a suitable, private area can be arranged to facilitate this.
- 3.11 Labelled mothers' breast milk is stored in the fridge.



4.0 MEALTIMES

- 4.1 The under two children eat all of their meals in the Cocoon Room, foods being collected in appropriate food containers from the school kitchens. All meals are prepared in the school kitchens, serving foods consistent with the varied menus shared on the website and via the parent newsletters. Children sit in a range of chairs, supporting their growth and ages/stages of development. Children that require additional support are supported by their keyperson and mealtimes are supervised to ensure each child is monitored and kept safe whilst eating.
- 4.2 Mealtimes are seen as social occasions and promote interactions. Staff will sit with babies and young children, interacting, promoting communication and social skills. Through positive role modelling babies and children are encouraged to develop their independence whilst eating.
- 4.3 All children will be closely monitored whilst eating and if any choking incidents occur paediatric first aid will be administered, parents will be contacted and emergency services will be contacted if required, this probable in most choking related incidences.
- 4.4 We will work together with parents regarding weaning and offer any support, as required.

5.0 GAGGING/CHOKING

- 5.1 A child dies every month in the UK from choking and, over 40 under 5 year olds are rushed to hospital daily with choking incidents; babies and toddlers being most at risk.
- 5.2 We need to safely manage the food we serve and ensure we are aware of the risk when serving food to young children. The below tips will help to do this:
- 5.3 Cut small round foods like grapes and tomatoes into smaller pieces, quarterising the fruit and if serving hard, slippery or sticky foods cut them into chunks or pieces, cutting banana in longer thinner pieces instead of round circles.
- 5.4 Peel the skin off fruits/vegetables, such as fruits with tough skins such as apples, pears, orange rind and remove hard pips or stones from fruits and soften hard fruits and vegetables e.g. carrots and apples, when first given to your baby from around 6 months.
- 5.5 Remove all bones from meat and fish and ensure meats that are tougher to eat such as beef, pork and sausages are cooked they are soft and palatable preventing a choke risk.
- 5.6 School operates a No Nut policy, so no foods contain a nuts in any form.
- 5.7 There are choke risk foods for children so ensure you risk assess and/or avoid giving these to children to eat or use during play, these include:
 - Boiled sweets
 - Chocolate eggs e.g. mini eggs
 - Raw carrots
 - Popcorn
 - Nuts
 - Raw jelly cubes.

6.0 ALLERGIES

- 6.1 When a baby is introduced to solid foods from around 6 months, introduce foods that may trigger an allergic reaction one at a time and in very small amounts. These foods include:



- Cows milk (in cooking or mixed with food)
 - Eggs
 - Foods containing gluten.
 - Nuts and peanuts (served crushed or ground) – to be done at home with parents **not in school.
 - Seeds (served crushed or ground)
 - Soya
 - Fish
 - Shellfish (not to be served raw)
- 6.2 The weaning process is managed through discussion and any allergy or dietary preference requirement is shared through a parent and keyperson induction meeting. This collects information about the child prior to their settling in sessions and start date. Any allergy or food preference shared is escalated to the catering department and appropriate health care plans and notifications are made to further protect the child from receiving foods that contain allergens.
- 6.3 Signs and symptoms and response and immediate treatment informs a child's allergen card, this displayed for all staff to observe during mealtimes. Allergic reactions are noted as:
- diarrhoea or vomiting
 - a cough
 - wheezing and shortness of breath
 - itchy throat and tongue
 - itchy skin or rash
 - swollen lips and throat
 - runny or blocked nose
 - sore, red and itchy eye
- 6.4 Health Care Plans are prepared for children that present as having a severe allergy, with very detailed arrangements for the response one should undertake in the event of an allergic reaction. Foods that cause a severe allergic food reaction (anaphylaxis) can be life-threatening. Follow the Health Care Plan contacting the emergency services in any event.
- 6.5 To ensure allergy processes are consistent and managed effectively, foods for children with allergies or dietary requirements have their foods served and plated separately, with it being covered and named to prevent cross-contamination and limit risk when serving children.

Last reviewed September 2025

Next review due September 2026



APPENDIX A

Baby Routine				
Child Name		DOB		
Keyperson		Buddy Keyperson		
Allergies	Care Plan			
Health/Medication	Care Plan			
Sleep Time	1	Time from	Time to	Comforter
	2	Time from	Time to	Settle routine
	3	Time from	Time to	
Milk Time	1	Time	Quantity	Type
	2	Time	Quantity	Type
	3	Time	Quantity	Type
Mealtimes		Weaning stage	Consistency of food	
	B	Time	Comments	
	S	Time	Comments	
	L	Time	Comments	
	D	Time	Comments	
Any other comments				



APPENDIX B

Nursery Under 2's Catering Form

In order to ensure children's dietary requirements are supported, please complete and send this form to Catering by 2pm the day before.

Staff member completing:	Date:
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Child's Name	Type	Weaning Stage	Food Consistency	Meals
		<input type="checkbox"/> Stage 1 <input type="checkbox"/> Stage 2 <input type="checkbox"/> Stage 3 <input type="checkbox"/> Stage 4	<input type="checkbox"/> Smooth <input type="checkbox"/> Lumpy <input type="checkbox"/> Chopped <input type="checkbox"/> Normal	<input type="checkbox"/> Breakfast <input type="checkbox"/> Snack <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner



APPENDIX C

Weaning Stages Chart

Stage	Age	Consistency	Foods recommended	Foods not recommended
Stage 1	6 – 7 months	<ul style="list-style-type: none"> • Thin, smooth puree • Small portions • 1/3 Bowl 	Single pureed fruits <ul style="list-style-type: none"> • Apple • Pear • Pureed Berries • Banana Single pureed vegetables <ul style="list-style-type: none"> • Carrot • Parsnip • Peas • Sweet Potato • Butternut Squash • Broccoli • Cauliflower Rice Flour Oatmeal Baby Milk	Cow's milk Honey Unpasteurised dairy products Undercooked eggs Sugary foods <ul style="list-style-type: none"> • Sweets Saturated Fat <ul style="list-style-type: none"> • Cakes • Biscuits Salty foods <ul style="list-style-type: none"> • Gravy • stock cubes • crisps Nuts Uncooked veg sticks <ul style="list-style-type: none"> • Carrot • Celery
Stage 2	7 – 9 months	<ul style="list-style-type: none"> • Soft Finger foods • Thicker puree foods • Lumpy • 2/3 Bowl 	Soft Finger foods Soft Vegetables <ul style="list-style-type: none"> • Avocado • Broccoli • Carrot • Cucumber 	Nuts Uncooked veg sticks <ul style="list-style-type: none"> • Carrot • Celery



<p style="text-align: center;">Stage 3</p>	<p style="text-align: center;">10 - 12 months</p>	<ul style="list-style-type: none"> • Chopped foods • Wider range of textures • Soft Finger foods • Finger foods that develop the children's ability to bite, such as Peppers, Crackers and Pita bread. • Full Bowl 	<ul style="list-style-type: none"> • Tomatoes <p>Soft fruits</p> <ul style="list-style-type: none"> • Peaches • Mango • Citrus fruits <p>Cereals</p> <p>Oats</p> <p>Barley</p> <p>Rice</p> <p>Eggs</p> <p>Meat</p> <p>Poultry</p> <p>Fish</p> <p>Baby Milk</p> <p>Pasteurised Cheeses</p> <p>Bread</p> <p>Pasta</p> <p>Full fat pasteurised Dairy products including yoghurt</p> <p>Pulses</p> <p>Potatoes</p>	<p>Hard fruits</p> <p>Some Cheeses</p> <ul style="list-style-type: none"> • Camembert • Brie • Blue Cheese • Goats Cheese <p>Rice Drinks</p> <p>Some Fish</p> <ul style="list-style-type: none"> • Shellfish • Shark • Swordfish • Marlin
<p style="text-align: center;">Stage 4</p>	<p style="text-align: center;">12 + Baby-led Weaning</p>	<p>Normal foods</p> <p>Varying textures</p> <p>Plate</p>	<p>All the above</p> <p>Normal full diet</p> <p>Cow's milk</p>	