

Meal schedule for babies

Month

Month

Month	Month
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
11	11
12	12

1. Only milk: mother's milk is best

Babies will need formula in the first year if the mother does not breastfeed.



Time for the first spoon of vegetable purée

2. Continue to breastfeed + complementary food (baby food)

Babies start to want baby food from the start of the 5th to the 7th month.



3. Transition to family meals

Babies will want to start eating by themselves towards the end of the 1st year of life. The mother and child decide when breastfeeding should stop.

