# Weaning policy

At Pomfret Woodland Community Nursery, working closely with our parents is our main goal. We want our parents to feel heard, and their choices respected and followed through throughout our daily routine in nursery. When parents and their children start their journey with us in our baby room it's important, we gain as much information about the child as possible. As part of our transition process, we also provide parents with a feeding plan, this document is an open document that can be changed by staff and parents at any point to keep it as up to date as possible via the Blossom app.

Staff supervising mealtimes will have ongoing discussion with parents about the stage their child is at regarding introducing solid foods, including to understand the textures the child is familiar with – Assumptions will not be made based on age.
Meals will be prepared in a suitable way for each child's individual development needs, working consistently with parents at a pace right for the child's needs.

We understand that all children are different, some children may be baby led weaned and others may be offered puree's with adult intervention. As nursery we want parents to feel supported in their decision and if they need support then our staff are at hand to do so through experience, research and own knowledge. As a nursery we follow the 'Better Health – Start for life' guidelines as well as the department of education on guidance 'Early Years Foundation Stage Nutrition Guidance' (Copies filed). We acknowledge that some parents may want to wean their baby earlier than 6 months however we advise that babies start on solid foods when they are able to sit up and hold their head steady in a highchair. (See attached document)

Where possible we also can access support from our local family hub, where parents can access information if they are yet to start their weaning journey and we also have **Odette Sycamore** who does regular training to support parents and staff on any child's weaning journey.

During babies first visit our staff will have chats with parents about any outstanding information for the feeding plan where needed. Following these discussions the bumblebee team work together to work around the parent's requests and child's needs. We will then continue to have regular conversations with parents on how they are doing at home, so we can be as consistent here at nursery.

All staff are PFA trained or are signed up to train in their first 3 months of starting their contract. We understand that weaning/feeding times are an anxious time for all involved

including our staff, so we make sure that our staff are comfortable and are aware of the steps to weaning safely through providing training and research (See attachment).

For further reading and guidance information can be found at:

NHS – Weaning and feeding advice: https://bit.ly/3VVSs3no
National children's trust - Baby led weaning pros and cons: https://bit.ly/4chaAet

| This policy was adopted on | Signed on behalf of the nursery | Date for review |
|---|---|---|
| *15.04.2026* |  | *15.04.2027* |