

Weaning is the process of gradually introducing a baby to solid foods and reducing their reliance on breast milk or formula. Typically, this process begins when a baby is around six months old, although some babies may be ready for solid foods a little earlier or later.

During the weaning process, a baby's diet gradually transitions from being primarily composed of milk to including more solid foods. This can help ensure that the baby is getting all the nutrients they need to support their growth and development.

Parents or caregivers may begin by offering small amounts of soft, mashed or pureed foods such as fruits, vegetables, and rice cereal. Gradually, the baby's diet will include a wider variety of foods with different textures and consistencies.

It's important to note that the weaning process should be approached gradually and with care, paying close attention to the baby's cues and preferences. Weaning should also be done in consultation with a pediatrician or other healthcare provider to ensure that the baby's nutritional needs are being met.

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