



# Meal schedule for babies

Month

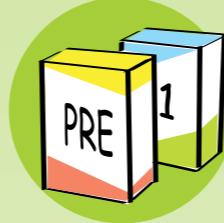
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Month

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## 1. Only milk: mother's milk is best

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



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

Babies start to want baby food from the start of the 5<sup>th</sup> to the 7<sup>th</sup> month.



## 3. Transition to family meals

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

