

When can baby join in whaanau kai time?



I'm 0-3 months old – my tummy only needs breast milk or formula.



I'm 4-5 months old – my tummy may not be ready for solid foods.
Breast milk or formula is all I need to grow.



I'm 6 months old – I can join my whaanau with puree kai now. Start by offering small amounts of puree food.

Start baby's first foods around **6 months** of age.

Contact the Te Rito Ora team for **FREE**
breastfeeding and nutrition advice:

0800HELPPBF or terito.ora@middlemore.co.nz

