

Longford Westmeath Appropriate Foods for Age – Weaning Resource List

The following resource list has been collated by members of the Longford Westmeath CYPSC and is not exhaustive of all resources currently available. This list has been collated as a tool to assist parents and those working in the early years sector. LW CYPSC are not affiliated with any of the resources being promoted in this document however our member organisations have found the weaning resources contained within to be of huge value in their work with children and families.

[My Child: 0 to 2 years Expert advice for every step](#)

[Feeding Your Baby Introducing Family Meals](#)

[HSE Weaning Tipsheet](#)

[Eating Well First year of life- Practical Guide](#)

[Safefood – Weaning Introducing Solid Foods](#)

[Cuidiú Breastfeeding Supports Website](#)

[NHS Better Health Start for Life - Weaning](#)

[Dr Anne Marie Brennan talks about weaning breastfed babies – HSE Video](#)

[Readiness for Babies to Start Solid Food - Solid Starts](#)

[Weaning and Feeding - NHS](#)

[Safefood - How to adapt family meal of Pasta Bolognese for weaning](#)

[Baby Food Made Easy – Registration details for monthly workshops](#)