



TEXTURE GUIDE FOR WEANING

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1. Puree/Smooth

Most little ones start at this stage. The texture does not need to be as smooth as shop-bought puree.

Make use of your blender to achieve this texture. You can offer some dissolving finger foods for exploration (see page 2).

2. Mashed/Lumpy

Add more texture to your smooth puree by mashing, grating or finely chopping food instead of blending.

You can start offering soft whole foods from your plate for exploration.

3. Soft solids/finger foods

Foods that are soft and usually in cubes or strips that your baby is able to mash against his mouth. Be creative with taste and flavours.

E.g. cooked butternut cubes, cheese, slices of steamed apple

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Other finger foods

These finger foods are amazing for exploration, self feeding and oral motor skill development. Please be present at all times when offering your baby finger foods.

1. Dissolving

Dissolving finger foods are safe to introduce early in the weaning journey. As they enter your baby's mouth they dissolve.

E.g. baby wafers, thin rice cakes/crackers.

2. Hard munchables

Offer when starting soft solids/table foods. These foods are solely for refinement of skills such as chewing. The food should not be able to break into pieces or be bitten off.

E.g. dried mango strips, biltong snapsticks

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