

**Glasgow First Foods Weaning Programme****Date**

2003 - 2004

**Location**Easterhouse, East End,  
Gorbals, Maryhill, North  
of Glasgow**Key Partners**Health Visitors, Dieticians,  
Oral Health Promoters,  
Community Projects**Contact**Anné Gebbie-Dibén  
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This project was a joined up approach between 102 Health Visitors, 8 Dieticians, 4 Oral Health Promoters and 5 Community Projects to promote healthy weaning practices. 680 parents participated in 40 weaning sessions and 618 packs were purchased with suitable equipment.

Parents were invited to a weaning sessions where a Dietician & Oral Health Promoter delivered information on what, when and how to wean as well as oral health messages. The Community Project did a practical food demonstration on how to do own baby food and spoke of financial benefits with doing your own food. Parents were then given the opportunity to purchase a subsidised pack with appropriate weaning equipment e.g. electric blender, ice cube tray and a bag of fruit and vegetables

The main achievements are the following;

- Sessions perceived to be very user friendly and appreciated by parents
- The opportunity to receive updated and practical information in an informal manner was highly appreciated
- Equipment perceived suitable and easy to use
- Increased use of fruit & vegetable consumption
- Fewer basic questions asked by parents who had attended weaning session
- Heightened appreciation and respect of each others roles between the partners delivering the sessions
- Added work required for weaning fitted well into partners individual agendas