

Baby Bites:

Introducing Solid Foods

Infant Feeding: Around 6 Months

Around 6 months, your baby may be ready to begin solid foods. Look for these signs:

- Sits up with support and holds their head steady
- No longer pushes food out of their mouth with their tongue
- Opens mouth to show they want food
- Brings fingers or toys to their mouth
- Keeps food in their mouth and swallows it

Infant Feeding: Best Practices

- Offer food at mealtimes and snacks as needed
- Let your baby decide how much to eat
- Offer breastmilk or formula first
- Breastmilk or formula should remain the main source of nutrition, even after starting solids

Methods of Introducing Food

Traditional Spoon Feeding

- Pureed foods are fed from a spoon
- Introduce new textures as your baby is ready
- Do not put food in a bottle (can cause choking or dental decay)

Baby-Led Weaning (Self-Feeding)

- Baby skips purees and feeds themselves soft foods
- Foods should be soft enough to mash between your fingers
- Baby can eat modified versions of what the family is eating

Combination Feeding

- A mix of spoon feeding and self-feeding
- Allows baby to explore textures and build independence

Tip: Choose the approach that works best for you and your baby.



Introducing Solid Foods Safely

Choose foods that:

- Limit the risk of choking
- Are soft enough to mash between your fingers

Helpful Tips

- Mix peanut butter with breastmilk or formula to thin it
- Grate or thinly slice cheese
- Offer crackers and breads without nuts or seeds



Food Guidelines by Type

Fruits & Vegetables

- Avoid hard, raw fruits and vegetables
- Offer ripe, cooked, soft options
- Cut into thin slices or small, mashable pieces

Meats

- Avoid large, tough chunks
- Offer pureed, ground, or soft chopped meats

Family Mealtime Matters

- Including your baby in family meals helps them learn and build social skills.
- Set routines for breakfast, lunch, and dinner
 - Let baby face the table
 - Limit distractions like TV
 - Always supervise—never leave baby unattended
 - Use a safe highchair or booster seat with baby sitting upright
 - Wash baby's hands before meals

Responsive Feeding: Follow Your Baby's Lead

Allow your baby to tell or show you when they are hungry or full.

Signs of Hunger

- Reaching for or pointing towards food
- Opening mouth when food is offered from a spoon
- Showing excitement when seeing food
- Using hand motions or making sounds to indicate hunger

Signs of Fullness

- Pushing food away
- Closing mouth when food is offered
- Turning head away from food
- Using hand motions or making sounds to indicate they are not hungry



Remember: You decide *what* and *when* to offer food—your baby decides *how much* to eat.

