

Starting Solids with Your Baby: A Complete Guide

Introducing solid foods to your baby is a major milestone, but it's essential to do it at the right time and in the right way. This guide will cover everything you need to know, from signs of readiness to different feeding approaches and practical tips to make the process smoother.



When to Start Solids?

The Right Time

Experts, including the American Academy of Pediatrics and the World Health Organization, recommend waiting until around six months before introducing solids.

Why Wait?

Before this, breast milk or infant formula is the best source of nutrition. Starting solids too early can increase the risk of allergies and digestion issues.

Signs Your Baby is Ready for Solids

- ☐ Can sit with support and hold their head steady.
- ☐ Show interest in food (watching you eat, reaching for food).
- ☐ Have good hand coordination to bring food to their mouth.
- ☐ Have a reduced tongue thrust reflex (food stays in their mouth instead of being pushed out).



Feeding Approaches: Which One is Right for You?

Baby-Led Weaning

Babies self-feed using soft, finger-sized pieces of food.

Spoon Feeding

Parents feed pureed or mashed foods using a spoon.

Combination Feeding

A mix of self-feeding and spoon feeding.



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Essential Feeding Gear



A safe, comfortable place for your baby to sit and eat.



Helps your baby learn to drink independently.



Prevents spills and makes self-feeding easier.



Gentle on your baby's gums.



How to Start Solids

Begin with one meal per day after a milk feed.

1

2

Around nine months, you can start offering solids before milk feeds.

Choose a calm time (morning or midday) when your baby is well-rested and relaxed.

3

4

Minimize distractions—turn off the TV and devices to help your baby focus.

Making Mealtimes Enjoyable

1

Expect messy eating, especially with self-feeding. Using splash mats and smocks can help.

2

Avoid constantly wiping your baby's mouth during meals—it can be irritating for them.

3

Remember, eating is a learning process. Your baby's appetite will vary daily, and that's okay.

