

STARTING SOLIDS

4 - 6 months

- Single grain cereals that are fortified in iron are suggested to start first
- Mix 1 teaspoon of single grain cereal with 4-5 teaspoons of breast milk or formula
- It's normal for babies to push food out of their mouth, keep trying
- Don't force baby to eat if they are turning head or shaking their head no
- If baby is completely uninterested, wait a week and try again

4 - 8 months

- You can introduce pureed veggies, fruits & meats at your preference
- Make sure you introduce one food at a time to observe for reactions
- AAP recommends introducing allergenic food early to reduce the risk of developing a food allergy
- If there is a positive family history of food allergies, discuss with your doctor before giving those foods

6 - 8 months

- Once baby has mastered single purees, you can offer mixed purees such as salmon and potato, turkey and green beans
- You can also offer single ingredient soft finger food such as cooked peas, mashed banana, or avocado
- Skip salt and sugar as baby does not need this

9 – 12 months

- As soon as baby is able, transition to chunkier purees and more finger foods with textures
- Offer as many flavors as possible
- Be sure to include meats in their diet to ensure they are getting iron

Solids to Avoid

Avoid these solids until baby is older than 1 year of age

- Honey – can cause botulism
- Cow's milk – give formula or breast milk until age 1, cheese and yogurt are ok
- Choking Hazards - nuts, seeds, raisins, grapes, hard candy, popcorn, hot dogs, and hard raw veggies

Water

The AAP recommends introducing a small amount of water in an open cup with meals around 6 months (or older) which can help develop a taste for water and fine motor skills.