

# WHEN TO START SOLIDS

At around 6 months of age, baby is ready to start solids if they...



## CAN HOLD THEIR HEAD UP

They can hold their head up and keep it steady.



## CAN SIT WITH LESS HELP

They can sit with less help, e.g. in a supportive high chair.



## PUT HANDS TO MOUTH OFTEN

They put their hands and toys frequently in their mouth, exploring fingers, thumbs and fists with great interest.



## OPEN THEIR MOUTH EASILY

They open their mouth easily when a spoon touches their lip or as food approaches; and they do not stick their tongue out.



## REACH OUT FOR FOOD OR MAKE CHEWING MOVEMENTS

They reach out for food/toys, seem hungry after milk feeds, or show signs of chewing movements.



## CAN KEEP FOOD IN THEIR MOUTH

They keep some food in their mouth and swallow it, instead of spitting it all out.

Remember that each baby is different and may show **some** or **all** of these signs. Babies should not start solids before 4 months of age. Ask us for help if you are unsure.